

Free-From

Christmas

HEAVEN

NOV/DEC 2015

101
Seasonal
RECIPES

Gloriously gluten-free goodies with Susanna Booth

Free-from treats for all the family

DELICIOUSLY CHOCOLATEY

YOUR GUIDE TO CHOOSING THE PERFECT BAR

Find the sugar alternative that is right for you



Christmas indulgence...

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Free-From HEAVEN



It's that time of year again people! Whether you look forward to Christmas with a passion, or have a more 'laissez faire' attitude to the whole shebang, the fact is there is no getting away from it – so you may as well embrace it, and do so with fairies on top. I have to admit, until this year I was very much in the humbug camp, however, as a newborn has forged his way into our household fairly recently, my aversion to Santa

and his metaphysical ways has been replaced by an unexpected excitement towards the whole matter. I am getting old and soft.

As you may have gathered, this month we are focusing on all things Christmas, and that of course means food. Our Christmas bakes section on page 14 has some belting festive recipes that will have all and sundry reaching for their wooden spoons and whisks, while the family treats section on page 105 gives you all the chance to cook up and create some wonderful little morsels for both young and old to enjoy (I'm not sure the newborn is ready for solids just yet, but I'll make a few of them anyway just in case).

We hope you have found a suitable spot for your *Free-From Heaven* 2016 calendar, in association with *Holland and Barrett*, and it obviously goes without saying that we wish you all a very Merry Christmas (I just said it) and all good things in your free-from baking during this truly terrific time of year...

Nick

Nick Gregory Editor



Cover image

Bûche de Noël
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Turn to page 40 to take advantage of this month's special *Free-From Heaven* subscription offer.

**STAR
BUY**



LOOKING FOR THAT PERFECT CHOCOLATE?

Alison Beadle discovers there is a chocolate for everyone on page 100.



SUGAR ALTERNATIVES

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Christmas Cooking

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November/December

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NUTRITIONAL INFORMATION

Our symbols

- GF** Gluten-free
- SF** Sugar-free
- DF** Dairy-free
- EF** Egg-free
- MF** Meat-free
- V** Vegan

We have adopted the nutritional criteria used by the **British Food Standards Agency** (FSA) who define the colours in its traffic light labels based on comprehensive scientific studies and consultations. This system uses a reference value of 100 grams for food products and 100 millilitres for drinks and classifies levels of fat, saturated fat, sugars and salt as low (green), medium (amber) or high (red). We have added Protein.

Daily GDA's

Calories	2,000 kcal
Protein	50g
Carbohydrates	300g
Sugars	25g
Fat	70g
Saturates	20g
Salt	6g



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Essential information

>We use **standard UK measurements**, where 1tbsp is 15ml and 1tsp is 5ml.

Our **vegetarian recipes** often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.

Where we use a **gluten-free, sugar-free, dairy-free, egg-free, meat-free or vegan** symbol, we recommend you **check the ingredients** list of any manufactured products you use – even if you use them regularly, as manufacturers change their recipes.



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Unlocking your world of Free From baking

NEW
FREE FROM
RECIPES

Want to master home baked gluten free bread?

Would you like to make great pastry every time?

Or, how about a delicious, couldn't-tell-it's-gluten-free, Victoria Sponge?

Today there is not only an increasing need for recipes free from gluten but other allergens too, including milk and egg. This can be quite a challenge when baking! At Doves Farm we have developed a series of recipes that will enable you to create tasty foods with handy ingredients swaps.

You Tube For your step-by-step guide to these baking essentials, and more, search for **Doves Farm free from** on youtube.com

Alternatively see our latest recipes on the back of our newly packaged Free From Gluten Flours, the perfect alternative to gluten containing flours.



Visit us at our stand C64 to unlock Free From baking. Watch our recipe demonstrations and sample our freshly made bread and more!



Exhibition Centre Liverpool

Free From White Bread Recipe

Go free from gluten when you bake with our flour blend. To make your baking also free from egg try our suggested ingredient swap.



- 2 egg whites (or 20g chickpea flour + 60ml water)
- 6tbsp oil
- 1tsp vinegar
- 2tbsp sugar
- 1tsp salt
- 400ml water
- 500g Free From White Bread Flour
- 2tsp Quick Yeast

1. Put the egg whites (or chickpea flour + water), half the oil, the vinegar, sugar, salt and water into a bowl and whisk well.
2. Add the flour and yeast, mixing to a smooth, thick batter. Pour the remaining oil over the dough and turn with a spoon bringing together into a soft dough mass.
3. Tip the dough into an oiled 1kg/2lb bread tin and smooth the top. Loosely cover with oiled cling film and leave until the dough has risen to the top of the tin.
4. Bake in a pre-heated oven at 220°C/200°C Fan/Gas 7 for 55-60 minutes. Turn out onto a wire rack and cool completely before slicing.

In season

Although Adam and Eve used the fig leaf as pioneering underwear, nowadays the fig is better known for providing a sweet, soft, healthy and comforting fruit for winter puddings and cakes...

FIGS

Native to the Middle East and western Asia, the fig has been sought out and cultivated since ancient times, and is now widely grown throughout the temperate world, both for its fruit and as an ornamental plant. Figs can be eaten fresh or dried, and used in jam-making. Most commercial production is in dried or otherwise processed forms, since the ripe fruit does not transport well, and once picked does not keep well. Raw figs are a good source of dietary fibre and the essential mineral, manganese.

Also in season...

❖ Cauliflower	❖ Clementines
❖ Rosemary	❖ Watercress
❖ Parsnips	❖ Rosemary
❖ Celeriac	❖ Sage



The glazed fig and orange cakes recipe is taken from *The Australian Women's Weekly*, published by AWW. (RRP £5.99).



Glazed fig and whole orange cakes

By The Australian Women's Weekly

GF DF MF

Makes 12 | Prep 15 mins (plus soaking) | Cook 3 hr | Calories 308 (per cake)

135g (5oz) dried figs, halved

375ml (13fl oz) fresh apple juice

2 medium oranges, halved, seeded

250g (9oz) coconut sugar

5 free-range eggs

280g (10oz) ground almonds

1 tsp gluten-free baking powder

20g (¾oz) flaked almonds

1 Place the figs in a medium saucepan, cover with apple juice, then soak for 2 hours. Remove the figs with a slotted spoon; reserve the apple juice in pan.

2 Fill a saucepan two-thirds with water, add the oranges, then bring to a boil. Reduce to a simmer and cover the oranges with the lid from a smaller saucepan to keep them submerged. Simmer for 2 hours, topping up with water if necessary to keep the oranges submerged. Drain and cool. Preheat the oven to 180°C/Gas Mark 4. Line a 12-hole muffin tin with paper cases.

3 Purée the oranges in a blender until smooth. Add the sugar, eggs, almonds and baking powder and pulse to combine. Divide the mixture among the paper cases, place a fig cut-side up on top, scatter with almonds, then bake for 1 hour; or until a skewer inserted into the centre comes out clean.

4 Meanwhile, simmer the saucepan with apple juice over a medium heat for 8 minutes or until syrupy. Brush the syrup over the warm cakes. Serve topped with Greek-style yoghurt, if desired.

14.6g
Total fat
1.6g
Saturates
0g
Salt
33.8g
Sugar
8.3g
Protein

24.6g
Total fat
11.1g
Saturates
0g
Salt
9.1g
Sugar
5.5g
Protein

Lavender fig and honey cheesecakes

By Angela Warren

(www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF MF V

Makes 12 | Prep 20 mins plus freezing | Cook none | Calories 305 (per cake)

FOR THE BASE

125ml (4½fl oz) coconut cream (the thick creamy part)

75g (2¾oz) almonds

175g (6oz) dried figs

2 tbsp coconut oil

¼ tsp sea salt

1-2 tbsp coconut cream, if needed

FOR THE TOPPING

225g (8oz) raw unsalted cashew nuts, soaked with 3 ears of lavender, drained and rinsed

1 Line the holes of a 12-hole muffin tin with overhanging baking parchment.

2 Add all the base ingredients, except the coconut cream, to a food processor and process until it forms a sticky crumbly dough. Add some coconut cream if too dry.

3 Scoop heaped dessertspoons of the base mixture into each muffin hole and press down firmly to create a flat smooth base. Place in the freezer for 1 hour.

4 Blend the topping ingredients in a food processor until smooth, then spoon over the bases. Decorate with a small drizzle of honey, a few lavender flowers and a dried fig. Return to the freezer for at least 1 hour.

What's November/December cooking?

Keep up to date with all the latest free-from happenings

NO.G BRINGS TWO BRITISH FAVOURITES TO THE SUPERMARKET SHELVES

TOO GOOD TO BE GLUTEN FREE has launched the free-from market's first gluten-free pork pie and sausage rolls.

Created by Too Good To Be Gluten Free's top chef, the tasty NO.G Pork Pie and NO.G Sausage Roll are now available from Ocado.

The pork pie, £2.29, is 130g (5oz) of mouth-watering seasoned British pork, made from gluten-free hot water pastry.

The NO.G Sausage Roll, at the same price of £2.29, is made from gluten-free butter-enriched puff pastry

and crammed with succulent seasoned British pork sausage meat.

The new pork pie and sausage roll are suitable for coeliacs. They are gluten- and wheat-free, with no artificial colours, flavourings or hydrogenated fat.

The NO.G range includes; pies and pastries, party food and desserts – including their popular Steak & Ale Pie, Quiche Lorraine, Mini Chicken & Leek Pies, Lemon Tart and soufflés and pastry-less quiches.

For more information, visit www.toogoodtobeglutenfree.com



FOUR ANJELS RESURRECTION

LAUDIA WINKLEMAN HANDED Cotswold bakery Four Anjels their 2015 Baking Industry Award recently for the firm's gluten-free Sour Cherry Bakewell.

Four Anjels, based in Moreton-in-Marsh, is a Gloucestershire success story. Starting with a team of five with one mixing bowl and one oven, within a year Four Anjels built its own factory and was supplying Selfridges.

The business now has a team of 39 led by MD Andrea Stevens and Ops Director, Julie Painting. Andrea comments, "Our reputation as a quality artisan producer is hard won. We prefer not to use machines to do jobs that people do better. The Baking Industry Award recognises the quality of our team's work and the taste of our products which is dependent on their passion and care."

For more information, visit www.fouranjels.com



Superfood OF THE MONTH



POMEGRANATE

The pomegranate and its distinctive seeds have been used for medicinal purposes for thousands of years.

The Middle Eastern fruit is claimed to be effective against heart disease, high blood pressure, inflammation and some cancers, including prostate cancer.

Pomegranate is a good source of fibre. It also contains vitamins A, C and E, iron and other antioxidants.

In the Northern Hemisphere, the fruit is typically in season from September to February.



Feel Free For Gluten Free welcomes a new addition to its donut family!

Feel Free For Gluten Free has recently launched a new donut. Mini donuts, made to the same recipe as their ring donuts, are simply fantastic!

The mini donuts, great for parties and sharing, are sure to delight donut lovers who follow a gluten- and wheat-free diet.

For more information, visit www.feelfreefoods.co.uk

Quorn launches hotly anticipated Vegan Range

Quorn Foods is bringing further innovation to the frozen meat-free category with the launch of its Quorn Vegan range.

The Quorn Vegan range launch follows three years of intensive new product development by the leading meat free brand to ensure that the products replicate the taste and quality which Quorn is renowned for.

The Vegan Pieces and the Hot & Spicy Burger are available at Asda (RRP £2.49). I hope you are as excited by these as we are!

For more information, visit www.quorn.co.uk



The Green Rocket

The Green Rocket, One Pierrepont Street, Bath, BA1 1NY

The Green Rocket is Bath's newest vegetarian café, whose aim is to provide good, unpretentious vegetarian food and great coffee in an informal setting. They're a proudly independent establishment run by enthusiasts who have a real passion for fresh and vibrant food, producing everything in-house using seasonal produce from local businesses.

They have an extensive menu offering lunch, evening supper, light bites, sweet treats and breakfasts, and a range of organic drinks. They also offer a wide selection of vegan and gluten-free options, ranging from noodles to mezze plates.

The café is situated in the heart of Bath, with beautiful views over Bath Abbey and the Parade Gardens. They open until 4:30pm everyday for breakfast, coffee, lunch and afternoon tea. They also open in the evenings on a Thursday, Friday and Saturday.

For more information, visit www.thegreenrocket.co.uk



KIRSTY'S RANGE TO INCLUDE A SPECIAL KIDS' KITCHEN

AWARD-WINNING gluten-, wheat- and dairy-free brand Kirsty's has extended its healthy, chilled ready meal range to include three new meals and a range specifically aimed at children – Kid's Kitchen.

Caribbean Chicken Curry, Slow Cooked Beef & Celeriac Mash and Malaysian Squash Curry are the three new additions to the existing range, while Kid's Kitchen is a healthy and convenient new range for children featuring eight meals.

Containing no added sugar and low in calories, fat and salt, the meals contain at least one of your five a day and reinvent childrens favourite meals using healthy food swaps. Available in selected Asda stores nationwide.

For more information, visit www.kirstys.co.uk



WIN! A gluten-free festive hamper from The British Hamper Company

The Gluten Free Festive Hamper

Get your hands on this terrific hamper featuring a whole host of festive goodies. With festive treats ranging from a chocolate Santa bar to a fantastic Christmas pudding, there is definitely something for everyone. For your chance to win visit www.freerfromheaven.com and go to competitions.

For more information, visit www.britishhamper.com

WORTH £75





Simple to make,
just add hot
water.

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of many
products in our
free-from
range

Gluten Free
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Granules
for meat



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✓

Dairy
free
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Sustainable
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✓



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Christmas bakes

One of the first things you think about when planning your Christmas is what you are going to cook. Well, here we have taken that stress away from you with a great selection of fabulous bakes that will have your friends and family wondering how you ever managed to cope – you will be the Christmas gift that keeps on giving!



Christmas fruit bread

By Doves Farm (www.dovesfarm.co.uk)

GF **SF**

Serves **6-8** | Prep **20 mins** plus marinating | Cook **55-60 mins** | Calories **272** (per serving)

finely grated zest and juice of 1 orange

150g (5½oz) mixed dried fruit and peel

2 free-range egg whites

50g (1¾oz) butter, melted

3 tbsp honey

a pinch of salt

275ml (10fl oz) water

350g (12oz) Doves Farm Gluten Free White Bread Flour

2 tsp Doves Farm Quick Yeast

1 tsp cinnamon

a pinch of nutmeg

1 Grate the orange zest into a bowl, add the juice, dried fruit and peel. Leave to marinate for 2 hours.

2 Line the base of a deep 15cm (6in) round cake tin with baking parchment. Line the sides of the tin with a double layer, twice the height of the tin. Check the lined cake tin will fit in your oven. Preheat the oven to 180°C/Gas Mark 4.

3 Put the egg whites, melted butter, honey, salt and water into a large bowl and whisk well. Add the flour, yeast, cinnamon and nutmeg, beating to a smooth batter. Stir in the fruit mixture.

4 Tip the dough into the tin and smooth the top. Cover loosely with parchment and leave to rise in a warm place for 60-90 minutes until doubled in size.

5 Bake in the oven, loosely covered with the parchment, for 55-60 minutes. Remove from the oven and cool on a wire rack.

5.2g
Total fat

3.2g
Saturates

0.01g
Salt

2.4g
Sugar

4.8g
Protein





Blackberries, almond and cinnamon cake

By Brinda Bungaroo (www.facebook.com/brindamauritiusdelights)

GF

Serves 6-8 | Prep 20 mins |

Cook 30-40 mins | Calories 401 (per serving)

140g (5oz)

ground almonds

140g (5oz) gluten-free flour

140g (5oz) butter

140g (5oz) caster sugar

1 Preheat the oven to 180°C/Gas Mark 4.

2 Grease a 20x20cm (8x8in) square cake tin and line the base with parchment paper. Sift the flour into a bowl, add the ground almonds and mix well.

3 Place the blackberries in a bowl and sprinkle with the ground cinnamon and 1 tbsp sugar. Mix, then set aside.

4 Put the butter and remaining sugar in a large mixing bowl. Using a hand-held electric whisk, mix together until creamy, light and fluffy. Gradually add the eggs and whisk until incorporated.

5 Gently fold in the flour/almond mix. Once fully incorporated, add half of the cinnamon flavoured blackberries. Fold very gently so you don't break the delicate berries.

6 Spread the mixture into the tin. Arrange the rest of the blackberries on top, then sprinkle over the flaked almonds.

7 Bake for 30-40 minutes, or until a skewer inserted into the centre of the cake comes out clean. Leave the cake to cool, then cut into squares.

2 free-range eggs

250g (9oz) blackberries

1 tsp ground cinnamon

2 tbsp flaked almonds

Christmas rum cake with spiced apple, fruit and nuts

By Brinda Bungaroo (www.facebook.com/brindamauritiusdelights)

GF

Serves 6-8 | Prep 25 mins plus chilling |

Cook 25-30 mins | Calories 632 (per serving)

200g (7oz) gluten-free flour

juice of 1 orange or lemon

100g (3½oz) golden brown Demerara sugar

1 tsp gluten-free baking powder

100g (3½oz) dark brown sugar

1 tsp bicarbonate of soda

100g (3½oz) butter, softened

1 tsp mixed spice

3 free-range eggs

1 tsp ground cinnamon

200g (7oz) butter, softened

¼ tsp ground nutmeg

150ml (5fl oz) rum

FOR THE APPLE BASE

seeds from 1 vanilla pod

3 apples, diced

150g (5½oz) mixed nuts

30g (1oz) brandy butter

150g (5½oz) dried fruits (raisins, figs, prunes), chopped

3 tbsp granulated sugar

1 tsp mixed spice

1 handful of walnuts

1 Put the raisins, figs, prunes and rum in a large pan set over a medium heat. Bring to the boil, then lower the heat and simmer for 5 minutes. Tip the fruit mixture into a large bowl and leave to cool for 30 minutes.

2 For the apple base, place 3 tbsp sugar on the base of a 20cm (8in) baking tin. Place the baking tin on a medium heat on the hob. As soon as the sugar starts to caramelise, add the apple, walnuts and brandy butter. Cook on a medium heat until the apples are nicely caramelised, taking care not to overcook and burn the apple. Remember, the apple will continue to cook with the cake later. Sprinkle the mixed spice and leave aside. Preheat the oven to 200°C/Gas Mark 6.

3 Sift the flour, bicarbonate of soda and baking powder in a large bowl. In another bowl, beat the butter and sugars together until creamy, then add the eggs, one at a time, and continue to beat until mixed. Mix in the flour, baking powder, bicarbonate of soda and spices until combined.

4 Add the mixed nuts and cooled dried fruits mixture and stir well. Add the orange zest and juice and vanilla and mix thoroughly to combine. Pour the mixture into the baking tin.

5 Bake in the oven for 25-30 minutes. The cake is ready when an inserted skewer comes out clean.

6 Remove the cake from the oven and leave to cool on a wire rack. Poke holes in it with a skewer, then spoon over 2 tbsp rum.

25.5g
Total fat

10.2g
Saturates

0.1g
Salt

20.4g
Sugar

7.2g
Protein

34.3g
Total fat

16.1g
Saturates

0.4g
Salt

40.8g
Sugar

7.6g
Protein





Double chocolate cheesecake

By Vicki Montague (www.freefromfairy.com)

GF

Serves 10-12 | Prep 25 mins plus chilling | Cook 20 mins | Calories 467 (per serving)

FOR THE BASE

300g (10oz) gluten-free cake crumbs
(I used vanilla cake)
150g (5oz) gluten-free dark chocolate
20g (1oz) unsalted butter

FOR THE TOPPING

300g (10fl oz) double cream
150g (5oz) gluten-free dark chocolate
3 tbsp cocoa powder
170g (6oz) caster sugar
300g (10oz) full-fat cream cheese

- 1 Preheat the oven to 180°C/Gas Mark 4. For the base, crumble the cake onto a baking tray and bake in the oven for 20 minutes, stirring occasionally, until the crumbs become toasty. Remove from the oven and allow to cool.
- 2 Microwave the chocolate and butter for 30 seconds. Stir well. Pour the cake crumbs into the chocolate mixture and stir well to combine. Press the mixture into the base of a 20cm (8in) springform round tin, then place in the fridge to set.
- 3 For the topping, whip the double cream in a large bowl until it is just holding shape, then set aside. Melt the topping chocolate in the same way as above, then add 2 tbsp cocoa and 2 tbsp warm water and stir.
- 4 Whip the cream cheese with the sugar. Add the chocolate and cream cheese mixtures to the cream and beat until well combined. Place the chocolate mixture on top of the base and chill for 2 hours until set. Scatter more cocoa on the top just before serving.

30.7g Total fat
18.4g Saturates
0.2g Salt
36.3g Sugar
5.6g Protein

Christmas cake

By Vicki Montague (www.freefromfairy.com)

GF DF

Serves 10-12 | Prep 30 mins plus chilling | Cook 2 hrs | Calories 444 (per serving)

150g (5½oz) dried apricots, roughly chopped	finely grated zest and juice of 1 orange and 1 lemon
150g (5½oz) dried dates, roughly chopped	2 tsp mixed spice
100g (3½oz) dried prunes, roughly chopped	1 tsp ground cinnamon
100g (3½oz) glacé cherries, roughly chopped	½ tsp ground nutmeg
150ml (5fl oz) Amaretto	1 tsp vanilla extract
150g (5½oz) soft brown sugar	100g (3½oz) ground almonds
125g (4½oz) Stork (the block)	175g (6oz) gluten-free flour
125g (4½fl oz) coconut oil	2 tsp ground flax seeds
	½ tsp gluten-free baking powder
	6 free-range eggs, beaten
	icing

- 1 Place the mixed fruits (you could use what you have/want) into a large bowl and cover with the Amaretto. (Reserve 2 tbsp Amaretto for later.) Leave to soak for at least 6 hours.
- 2 Line a deep 20cm (8in) round cake tin with two layers of baking parchment. Wrap two layers of baking parchment around the outside of the tin and secure with string.
- 3 Preheat the oven to 150°C/Gas Mark 2. Once the fruit has soaked, take a large pan and melt the coconut oil, Stork and sugar.
- 4 Remove from the heat and add the spices, orange and lemon zest and juice, vanilla extract and soaked fruit. Stir to combine. Add the remaining dry ingredients and stir again. Finally add the beaten eggs and stir to combine.
- 5 Place the mixture into the cake tin and bake in the oven for 2 hours.
- 6 Remove from the oven, spike all over with a skewer or fork and drizzle with 2 tbsp Amaretto.
- 7 Leave to cool in the tin, before wrapping in the baking parchment and storing away in an airtight container.
- 8 I plan to 'feed' my cake every 2 weeks with 2 tbsp Cointreau. Use whatever alcohol or juice you like, but this will make sure it is lovely and moist (and boozy!). Remember to wrap back up and store in the container after every 'feed'!
- 9 Leave the cake for 1 week without 'feeding' it, before icing to make sure the icing sticks.

24.6g Total fat
12g Saturates
1.1g Salt
36.3g Sugar
6.3g Protein





Chestnut chocolate chia cake

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF V

Serves 12 | Prep 25 mins |

Cook 45-50 mins | Calories 207 (per serving)

200g (7oz) chestnuts, cooked, peeled	160ml (5½fl oz) coconut milk
100g (3½oz) unsweetened soft prunes, pitted	2 tbsp unsweetened cocoa powder
150g (3½oz) dark gluten-free, dairy-free, sugar-free chocolate, broken into pieces	1 tsp vanilla extract
80ml (2½fl oz) coconut oil	4 'chia eggs' (4 tbsp chia seeds mixed with 160ml (5½fl oz) water)

- 1 Preheat the oven to 170°C/Gas Mark 3. Line a 23cm (9in) round springform cake tin with baking parchment.
- 2 Set aside 2 chestnuts from the packet. Slice each one into 6 slices. Combine the remaining chestnuts, prunes, salt, cocoa powder, coconut milk and vanilla in a processor.
- 3 In a bowl placed over a simmering saucepan of water, melt the chocolate and coconut oil, stirring frequently, until melted and glossy. Remove from the heat and allow to cool for a few minutes.
- 4 Add the 'chia eggs' to the food processor with the chestnut prune mix, and blend until well combined.
- 5 Add the slightly cooled chocolate mixture to the food processor. Blend until well combined. Pour into the tin and decorate with reserved chestnut slices. Bake for 45-50 minutes, or until the cake is mostly set with only a slight wobble. Leave in the tin to cool before transferring to a cooling rack. Dust with cocoa powder or chocolate shavings, if using, before slicing.

14.7g Total fat	11.4g Saturates	0.01g Salt	7.6g Sugar	2.2g Protein
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Chocolate celebration cake with ganache frosting

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF SF DF

Serves 10-12 | Prep 25 mins plus 1½-2hrs for the frosting |

Cook 35 mins | Calories 237 (per serving)

FOR THE CAKE

250g (9oz) almond flour

25g (1oz) coconut flour

75g (2½oz) raw cacao powder

1 tsp bicarbonate of soda

1 tsp gluten-free baking powder

¼ tsp sea salt

1 raw beetroot, peeled, roughly chopped

4 free-range eggs

4 tbsp coconut oil, melted

240ml (8fl oz) coconut milk

3 tbsp maple syrup

1 tsp vanilla extract

FOR THE FROSTING

400ml (14fl oz) full-fat coconut milk

2½ tbsp maple syrup

½ tsp vanilla extract

4 tbsp raw cacao powder

1 Preheat the oven to 180°C/Gas Mark 4.

2 Line a 20cm (8in) round cake tin with baking parchment.

3 In a large mixing bowl, combine the almond flour, coconut flour, cacao powder, bicarbonate of soda, baking powder and salt.

4 In a high speed blender, blend the beetroot, eggs, coconut milk, maple syrup, vanilla and coconut oil until smooth and bright pink. Pour into the bowl of dry ingredients and mix to combine well.

5 Pour the cake mixture into the tin and bake in the oven for 35 minutes, or until a skewer inserted into the centre comes out clean. Allow to cool slightly before removing from the tin and transferring to a cooling rack to cool completely.

6 For the ganache frosting, bring the coconut milk and maple syrup to a boil in a saucepan before turning the heat down to a gentle simmer. Continue to simmer without a lid, stirring occasionally for 1½-2hrs, or until the milk has darkened in colour and thickened in consistency. It should easily coat the back of a wooden spoon and look the colour of milky tea.

7 Stir in the cacao powder and vanilla until smooth. Remove from the heat and allow to cool completely before using to decorate the cake. The ganache will thicken as it cools.

8 Spread the ganache on top of the cake (and in between if cutting the cake in half to make a sandwich). Decorate as preferred. I used a combination of date, sunflower seed and cacao energy balls, coconut cream, freeze dried strawberries and flaked almonds.

9 Freeze any leftover ganache in chocolate moulds to make freezer fudge.

21.1g Total fat	15g Saturates	0.2g Salt	4.7g Sugar	6.4g Protein
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Christmas fruit and nut cake

By Ugg Foods (www.uggfoods.com)

GF

Serves 6-8 | Prep 20 mins | Cook 1 hr 20 mins | Calories 314 (per serving)

Ugg Foods Fruit and Seed Loaf mix

6 apricots

6 prunes

a handful of pecan nuts

a handful of almonds

2 tbsp brandy

finely grated zest of 1 orange

1 Preheat the oven to 140°C/Gas Mark 1.

2 Place the fruit and seed loaf mix into a bowl. Chop the apricots and add to the bowl.

3 Crush the almonds and pecans, then add to the bowl with the orange and lemon zests.

4 In another bowl, whisk the egg, oil, brandy and the orange and lemon juices.

5 Chop the prunes and add to the egg and oil mixture, then stir together. Add all the dry mixture and combine.

6 Spoon the mixture into a 15cm (6in) lined cake tin and decorate with nuts.

7 Bake in the oven for 1 hr 20 minutes, or until golden brown on top.

8 Glaze with warm diabetic-friendly apricot jam while the cake is still hot, then leave to cool in the tin.

11.1g
Total fat

1.7g
Saturates

0.2g
Salt

17.9g
Sugar

8.3g
Protein

Crunchy nut carrot cakes

By Howard Middleton (www.howardmiddleton.com)

GF DF

Makes 12 | Prep 20 mins plus 1 hr for standing | Cook 20-25 mins | Calories 423 (per cake)

FOR THE CAKES

200g (7oz) carrots, grated
75g (2½oz) dried pineapple, chopped into small chunks
finely grated zest and juice of 2 oranges
100g (3½oz) blanched hazelnuts (75g (2½oz) goes in the cake and the rest are for decoration)
125ml (4½fl oz) mild and light olive oil
125g (4½oz) muscovado sugar
3 free-range eggs, separated
75g (2½oz) nut butter
200g (7oz) gram flour
125g (4½oz) ground almonds
1 tsp gluten-free baking powder
1 tsp ground cinnamon
FOR THE FROSTING
225-255g (8-9oz) tub of dairy-free tofu 'cream cheese'
125g (4½oz) dairy-free sunflower spread
125g (4½oz) icing sugar
finely grated zest of ½ an orange
1½ tsp orange juice

- Put the pineapple pieces, orange zest and juice in a small bowl. Cover and leave for 1 hour, or overnight
- Preheat the oven to 190°C/Gas Mark 5. Line a 12-hole muffin tin with paper cases.
- Put the hazelnuts on a baking tray and roast them for a few minutes until lightly toasted. Keep an eye on them and remember the bottom of the nuts will singe before the top.
- In a large mixing bowl, whisk the oil with the sugar, then add the egg yolks and nut butter. Roughly chop 75g (2½oz) roasted hazelnuts and add these to the mix, along with the grated carrots and the pineapple pieces and their orange marinade. Stir in the flour, ground almonds, baking powder and cinnamon and mix well.
- In a separate bowl, whisk the egg whites until stiff, then carefully fold them into the cake mixture so they are incorporated without losing too much air.
- Divide the mixture among the muffin cases and bake for 20-25 minutes until firm and springy to the touch.
- Let the cakes cool in the tin for a few minutes, then lift them out and cool on a wire rack.
- To make the frosting, whisk half of the tofu 'cream cheese' with the sunflower spread and icing sugar until smooth. Add the rest of the 'cream cheese', along with the orange zest and juice and keep whisking until light and fluffy. Keep in the fridge until needed.

30.6g
Total fat

4.5g
Saturates

0.1g
Salt

23.7g
Sugar

8.3g
Protein





Christmas cupcakes

GF

Serves 12 | Prep 20 mins |
Cook 12-15 mins | Calories 428 (per cupcake)

FOR THE CUPCAKES

150g (5oz) butter	a pinch of salt
300g (11oz) caster sugar	1 tsp bicarbonate of soda
3 free-range eggs, beaten	55g (2oz) cocoa powder
finely grated zest of 1 orange	1 tsp mixed spice
250ml (9fl oz) milk, more if needed	TO DECORATE
225g (8oz) gluten-free flour	350g (12oz) icing sugar
	1-2 tbsp hot water
	200g (7oz) green sugarpaste
	24 cranberries

- 1 For the cupcakes, preheat the oven to 180°C/Gas Mark 4. Place paper cases in a 12-hole muffin tin.
- 2 Beat the butter and sugar in a mixing bowl until soft and creamy. Beat in the eggs, orange zest and milk.
- 3 Sift in the flour, salt, bicarbonate of soda, cocoa and mixed spice and stir well to mix. Add more milk if necessary, to give a soft dropping consistency.
- 4 Spoon the mixture into the paper cases, then bake in the oven for 12-15 minutes, until a skewer or cocktail stick inserted into the centre comes out clean. Cool in the tin for 5 minutes, then place on a wire rack to cool completely.
- 5 To decorate, sift the icing sugar into a bowl and stir in enough hot water to make a soft coating icing. Spoon the icing onto the cakes and spread evenly. Roll out the green sugarpaste on a surfaced dusted with icing sugar. Cut out 24 holly leaves and mark the veins with a cocktail stick.
- 6 Place 2 holly leaves and 2 cranberries on each cake and leave to set.

12.6g Total fat	7.5g Saturates	0.3g Salt	55.3g Sugar	4.2g Protein
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Christmas fruit delight

GF DF EF V

Serves 10-12 | Prep 20 mins |
Cook 1 hr | Calories 236 (per serving)

225ml (8fl oz) water	110g (4oz) gluten-free plain flour
175g (6oz) sugar	110g (4oz) gluten-free self-raising flour
100g (3½oz) vegan margarine	½ tsp xanthan gum
300g (11oz) mixed fruits, dried apricots, raisins, sultanas, glacé cherries	TO DECORATE
1 apple	100g (3½oz) icing sugar
1 tsp ground cinnamon	water
1 tsp bicarbonate of soda	edible silver gluten-free baubles

- 1 Preheat the oven to 170°C/Gas Mark 3. Grease a 900g (2lb) loaf tin and line the base with non-stick baking paper.
- 2 Put the water, sugar, margarine and mixed fruit in a large pan. If using larger fruit like apricots and glacé cherries, chop them first. Grate the apple into the pan with a coarse microplane grater. Heat, stirring until boiling. Boil for 5 minutes stirring all the time. Remove from the heat and cool for 5 minutes.
- 3 Add the cinnamon and bicarbonate of soda to the pan and stir well – the mixture will fizz and bubble.
- 4 Sift the flours and xanthan gum into a mixing bowl. Pour the wet ingredients into the flour and mix well.
- 5 Pour into the tin and bake for about 1 hour. Check it's cooked by pressing on the top of the loaf – if it bounces back it is ready. Cool in the tin for 15 minutes, then place on a wire rack to cool completely.
- 6 To decorate, sift the icing sugar into a bowl and beat in just enough water to make a smooth, thin icing. Pour over the cake, allowing it to run down the sides and decorate with silver baubles.

5.9g Total fat	1.4g Saturates	0.1g Salt	24.8g Sugar	1.5g Protein
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Mini chocolate surprises

GF DF

Makes 6 | Prep 15 mins |
Cook 30 mins | Calories 421 (per pudding)

100g (3½oz) dairy-free margarine
160g (6oz) light brown sugar
3 free-range eggs
60g (2oz) gluten-free plain flour
30g (1oz) cocoa powder
2 tsp gluten-free baking powder
55g (2oz) ground almonds
60ml (2fl oz) soya or almond milk
4-5 small ripe pears, peeled and thickly sliced
icing sugar

- 1 Preheat the oven to 180°C/Gas Mark 4. Grease six 250ml (9fl oz) ovenproof dishes or ramekins.
- 2 Beat together the margarine, sugar, eggs, flour, cocoa, baking powder, ground almonds and milk.
- 3 Layer the mixture with the pear slices in the dishes.
- 4 Bake for about 30 minutes, until risen and firm to the touch. Cool in the dishes.
- 5 Sift icing sugar over the tops.

Iced carrot cake

GF DF

Serves 8-10 | Prep 20 mins |
Cook 1 hr | Calories 347 (per serving)

2 free-range eggs
140g (5oz) light brown sugar
125ml (4½fl oz) sunflower oil
225g (8oz) gluten-free self-raising flour
1 tsp gluten-free baking powder
1 tsp bicarbonate of soda
1 tsp ground cinnamon
1 tsp mixed spice
280g (10oz) finely grated carrots
4 tbsp sultanas
3 tbsp juice and the finely grated zest from 1 orange

TO DECORATE

200g (7oz) icing sugar
water
edible gluten-free silver baubles

- 1 Preheat the oven to 170°C/Gas Mark 3. Grease a deep 20cm (8in) square cake tin and line the base with non-stick baking paper.
- 2 Separate 1 egg and put the yolk into a mixing bowl and the white into another bowl. Add the remaining whole egg to the yolk and add the sugar. Whisk until thick and foamy.
- 3 Slowly pour in the oil and continue to whisk until well mixed. Sift in the dry ingredients and gently stir into the egg mixture until blended.
- 4 Whisk the egg white to soft peaks.
- 5 Fold the carrots, sultanas, orange juice and zest into the flour mixture. Gently fold in the whisked egg white until incorporated, then pour into the tin. Shake the tin to level the mixture. Bake for about 1 hour until risen and firm and a skewer or wooden cocktail stick inserted in the centre comes out clean. Cool in the tin for 10 minutes, then place on a wire rack to cool completely.
- 6 For the icing, sift the icing sugar into a bowl and beat in just enough water until thick enough to coat the back of a spoon.
- 7 Spread the icing on the cake and decorate with silver baubles. Leave to set, then cut into pieces to serve.

19.1g
Total fat
4g
Saturates
0.3g
Salt
40.8g
Sugar
7.1g
Protein

13.1g
Total fat
1.6g
Saturates
0.3g
Salt
35.9g
Sugar
2.8g
Protein





Honey cakes with Christmas spices

GF DF

Makes 16 | Prep 15 mins | Cook 40 mins | Calories 305 (per cake)

225g (8oz) dairy-free margarine
175g (6oz) light brown sugar
225ml (8fl oz) honey
300g (11oz) gluten-free self-raising flour
2 tsp gluten-free baking powder
2 tsp ground ginger
1 tsp ground cinnamon
1/4 tsp grated nutmeg
4 free-range eggs
4 tbsp soya milk
90g (3oz) chopped walnuts

FOR THE TOPPING

honey

16 walnut halves

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a 30x25cm (12x9in) baking tin with non-stick baking paper.
- 2 Beat together the margarine and sugar in a mixing bowl until light and creamy, then beat in the honey.
- 3 Add the remaining ingredients and beat well until smooth. Pour into the tin.
- 4 Bake for about 40 minutes, until firm in the centre. Remove from the oven and cool completely in the tin.
- 5 Cut into squares and spoon a little honey on each square. Top with a walnut half.

15.6g
Total fat
2.8g
Saturates
0.1g
Salt
22.9g
Sugar
4.6g
Protein

Mini panettone

GF SF DF

Serves 6-8 | Prep 20 mins plus rising | Cook 25-30 mins | Calories 384 (per panettone)

350g (12oz) gluten-free plain flour
1 1/4 tsp xanthan gum, (if not included in flour)
100g (3 1/2oz) coconut palm sugar
3 tsp fast-action dried yeast
1 tsp cream of tartar
1/4 tsp salt
1 tsp finely grated lemon zest
225g (8oz) mixed dried fruits, currants, raisins, sultanas
1 tsp vanilla extract
1/2 tsp cider vinegar
115ml (4fl oz) warm rice or almond milk, plus extra for brushing
4 large free-range eggs
1 free-range egg yolk
115g (4oz) dairy-free margarine

- 1 Line six-eight muffin tins with non-stick baking paper, so that the paper comes well above the tins to make a collar, or use paper panettone moulds.
- 2 Place the flour, xanthan gum, sugar, yeast, cream of tartar, salt and lemon zest in a mixing bowl and whisk to combine.
- 3 Toss the dried fruits with 1. tablespoon of the dry ingredients and set aside.
- 4 Whisk together the vanilla, vinegar, milk, eggs and egg yolk.
- 5 Add the margarine, one tablespoon at a time, beating well between each addition. Beat well for about 5 minutes.
- 6 Add the dried fruit and remaining flour mixture and mix until well combined.
- 7 Divide the mixture between the tins and smooth the tops with wet hands. Leave to rise in a warm place for 40-60 minutes, until doubled in size.
- 8 Preheat the oven to 190°C/Gas Mark 5.
- 9 Brush the tops lightly with milk, then bake in the oven for 25-30 minutes until golden. Place (in the paper) on a wire rack to cool.

13.3g
Total fat
3.3g
Saturates
0.2g
Salt
9.5g
Sugar
6.7g
Protein





Mini Dundee cakes

GF SF DF EF V

Makes 6 | Prep 15 mins plus chilling | Cook 20-25 mins | Calories 421 (per cake)

150g (5oz) gluten-free plain flour
1 tbsp gluten-free baking powder
1 tsp mixed spice
225g (8oz) dried fruits, raisins, currants, etc.
1 tbsp flaked almonds
90ml (3fl oz) maple syrup
125ml (4½fl oz) sunflower oil
125ml (4½fl oz) soya milk
finely grated zest of 1 orange

- 1 Preheat the oven to 180°C/Gas Mark 4. Place six paper cases in large muffin tins.
- 2 Sift the flour, baking powder and spice into a mixing bowl. Stir in the dried fruits and almonds.
- 3 Whisk together the maple syrup, oil, milk and orange zest until blended.
- 4 Stir the syrup mixture into the dry ingredients until just combined. The mixture will be lumpy.
- 5 Spoon into the paper cases and bake for 20-25 minutes, until risen and golden. Cool in the tins for 5 minutes, then place on a wire rack to cool completely.

Meringue layer cake with flaked almonds

GF DF

Serves 6-8 | Prep 30 mins plus soaking | Cook 1½-2 hrs | Calories 316 (per serving)

4 free-range egg whites
220g (8oz) caster sugar
2 tbsp cornflour
2 tsp white vinegar
2 peaches, skinned and chopped
2 tbsp muscat or dessert wine
200ml (7fl oz) soya cream
70g (2½oz) white vegetable fat
ice, for chilling
¼ tsp xanthan gum
80g (3oz) toasted flaked almonds
icing sugar

- 1 Preheat the oven to 140°C/Gas Mark 1. Line two baking trays with non-stick baking paper.
- 2 Whisk the egg whites with an electric whisk on high speed until stiff. Gradually whisk in the sugar in a thin stream and continue to whisk at low speed until all the sugar has been fully mixed in. Whisk in the cornflour and vinegar.
- 3 Spoon into a piping bag and pipe half the meringue mixture onto one baking tray, making a large round. Repeat with the remaining meringue on the second baking tray.
- 4 Place the baking trays in the oven and bake for 1½-2 hours until dry, firm and crisp. Cool completely in the switched off oven with the door slightly open.
- 5 Soak the peaches in the wine for 2 hours.
- 6 Put the soya cream and vegetable fat in a heatproof bowl over a pan of simmering (not boiling) water until the vegetable fat melts.
- 7 Place the bowl of soya cream in a larger bowl filled with ice and whisk continuously until blended.
- 8 Add the xanthan gum, a pinch at a time, whisking until thick. Chill for 1 hour.
- 9 Spread one meringue round with the cream and arrange the soaked peaches on top. Place the remaining meringue round on top.
- 10 Press the toasted almonds into the cream on the sides of the cake. Sprinkle toasted almonds on top.
- 11 Sift icing sugar over the top and serve immediately.

20.5g
Total fat
2.1g
Saturates
0.4g
Salt
9.1g
Sugar
3g
Protein

18.7g
Total fat
1.6g
Saturates
0g
Salt
30.5g
Sugar
5.2g
Protein





Bundt cakes

GF DF EF V

Makes 6 | Prep 15 mins |

Cook 20-25 mins | Calories 321 (per cake)

240g (8oz) gluten-free plain flour

2 tsp bicarbonate of soda

1 tsp ground cinnamon

2 tsp ground ginger

50g (1¾oz) sugar

75ml (2½fl oz) golden syrup

75ml (2½fl oz) treacle

50ml (1¾fl oz) coconut oil, melted

150ml (5fl oz) hot water

icing sugar

1 Preheat the oven to 170°C/Gas Mark 3. Grease and flour six mini Bundt tins.

2 Sift the flour with the bicarbonate of soda and spices and set aside.

3 Mix together the sugar, syrup, treacle and oil. Add the hot water and stir until blended. Stir in the flour mixture.

4 Pour into the tins and bake for 20-25 minutes, until a skewer or cocktail stick inserted into a cake comes out clean. Cool in the tins on a wire rack for 10 minutes, then place the cakes on a wire rack to cool completely.

5 Sift icing sugar over the tops.

9g
Total fat

7.5g
Saturates

0.5g
Salt

19.6g
Sugar

2.5g
Protein

Dairy-free Christmas cake

GF DF

Serves 10-12 | Prep 1 hr plus standing |

Cook 3-3½ hrs | Calories 765 (per serving)

FOR THE CAKE

250g (9oz) raisins

250g (9oz) sultanas

**100g (3½oz)
dried cranberries**

**200g (7oz) glacé
cherries, halved**

**200ml (7fl oz) brandy
or apple juice**

**100g (3½oz)
chopped almonds**

**50g (1¾oz)
ground almonds**

**200g (7oz) dairy-free
margarine**

**200g (7oz) dark
brown sugar**

4 free-range eggs, beaten

**100g (3½oz) gluten-free
plain flour**

TO DECORATE

**4 tbsp gluten-free
apricot jam**

1 tbsp water

**725g (26oz) gluten-free
yellow marzipan**

icing sugar

**725g (26oz) white
sugarpaste**

FOR THE CHRISTMAS TREE

**110g (4oz) red sugarpaste
icing sugar**

1 For the cake, soak the fruits in the brandy or juice overnight.

2 Preheat the oven to 150°C/Gas Mark 2. Grease a 20cm (8in) deep cake tin and line the base and sides with non-stick baking paper. Beat together the margarine and sugar until light. Gradually beat in the eggs, adding a little flour each time. Add the almonds and remaining flour. Add the soaked fruit and mix well. Spoon into the tin and level the surface. Bake in the oven for 3-3½ hours until a skewer inserted into the centre comes out clean. If the top is browning too quickly, cover with a double thickness of non-stick baking paper.

3 Cool in the tin for 30 minutes, then place on a wire rack to cool completely. Discard the baking paper and re-wrap in baking paper and foil. Keep in an airtight tin for up to 2 months.

4 To decorate, heat the apricot jam and water until the jam has melted, then press through a sieve into a bowl. Brush the cake with the glaze.

5 Roll out the marzipan on a surface dusted with icing sugar into a 30cm (12in) round and lay over the cake. Trim off any excess. Stand uncovered for 24 hours. Reserve a little marzipan for the star. Repeat the process with the sugarpaste and cover the cake. Reserve a little sugarpaste for the snowflakes on the cake.

6 Using a cutter, cut out small snowflakes and attach to the top of the cake with a dab of water. For the tree, roll out the red sugarpaste on a surface dusted with icing sugar. Using a cutter, cut out the tree shape. Carefully place on the cake, attaching with a little water. Using a small cutter, cut out a star from the marzipan and attach to the top of the tree with a dab of jam. Leave to dry.

27.6g
Total fat

3.5g
Saturates

0.1g
Salt

35.2g
Sugar

9g
Protein





Gingerbread cake

GF DF

Serves 8-10 | Prep 20 mins | Cook 60-70 mins | Calories 347 (per serving)

115g (4oz) coconut palm sugar	3 tsp ground ginger
75g (2½oz) dairy-free margarine	1 tsp ground cinnamon
75ml (2½fl oz) rice syrup	1 ½ tsp gluten-free baking powder
75ml (2½fl oz) black treacle	1 large free-range egg, beaten
175g (6oz) gluten-free plain flour	7 tbsp rice milk
50g (1¾oz) gram flour	75g (2½oz) stem ginger in syrup, drained and finely chopped
a pinch of salt	150g (5oz) almonds

- 1 Preheat the oven to 170°C/Gas Mark 3. Line a 450g (1lb) loaf tin with non-stick baking paper.
- 2 Put the sugar, margarine, rice syrup and treacle in a pan and heat gently, stirring continuously until melted. Remove from the heat and set aside to cool slightly.
- 3 Mix the flours, salt, ground ginger, cinnamon and baking powder in a large bowl. Add the stem ginger and coat in the dry ingredients to stop it sticking together.
- 4 Beat together the egg and milk, then add to the syrup mixture, beating well.
- 5 Add the wet ingredients to the dry ingredients and beat well until well blended.
- 6 Pour into the tin and bake for 60-70 minutes, until firm to the touch and a skewer inserted in the centre comes out clean. Arrange the almonds on top after the cake has been cooking for about 40 minutes. Cool in the tin for 25 minutes, then place on a wire rack to cool completely.

Nutritional Information (per serving)

15.8g Total fat	2.3g Saturates	0.1g Salt	20.7g Sugar	6.3g Protein
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Bûche de Noel

GF SF DF

Serves 10-12 | Prep 25 mins plus chilling | Cook 8-12 mins | Calories 424 (per serving)

FOR THE CAKE

150g (5oz) coconut palm sugar

3 free-range eggs

80g (3oz) ground almonds

75g (2½oz) cornflour

FOR THE FILLING

1 tbsp instant espresso powder

1 tsp boiling water

250g (9oz) sugar-free dairy-free chocolate, coarsely chopped

350g (12oz) coconut butter

1 tsp vanilla extract

a pinch of salt

250g (9oz) powdered xylitol, plus extra for dusting

TO DECORATE

dairy-free sugar-free chocolate leaves

sugar stars, if desired

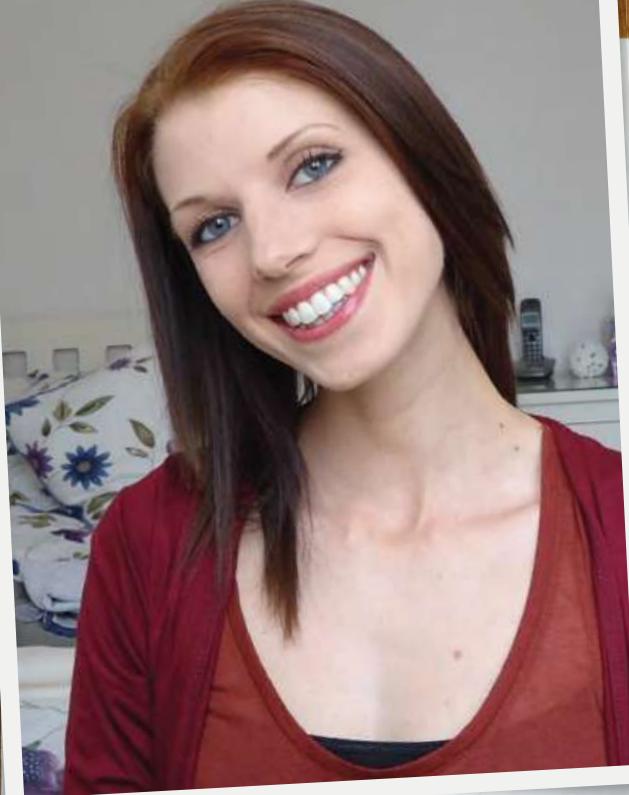
- 1 For the cake, preheat the oven to 190°C/Gas Mark 5. Grease a 25x35cm (10x14in) Swiss roll tin and line the base with non-stick baking paper.
- 2 Whisk the eggs and sugar in a mixing bowl with an electric whisk until thick. Gently fold in the almonds and cornflour until blended.
- 3 Pour the mixture into the tin and bake for 8-12 minutes, until risen and golden.
- 4 Remove from the oven and turn out onto a sheet of non-stick baking paper. Trim the sponge edges and roll up with the paper inside. Leave to cool completely.
- 5 For the filling and coating, mix together the espresso powder and boiling water. Set aside.
- 6 Heat the chocolate in a heatproof bowl over a pan of simmering (not boiling) water until melted. Set aside until cooled slightly, but still pourable.
- 7 Beat the coconut butter until light and fluffy, then add the dissolved espresso powder and beat until incorporated.
- 8 Pour in the chocolate and mix until incorporated. Add the vanilla and salt and mix well. Gradually beat in the powdered xylitol until creamy. Continue beating until lightened in colour and fluffy.
- 9 Unroll the sponge and spread with half the cocoa mixture, then roll up again.
- 10 Spread the remaining cocoa mixture over the cake. Chill for about 1 hour before serving.
- 11 Decorate with chocolate leaves and sugar stars (if desired) and sift powdered xylitol over the top.

Nutritional Information (per serving)

25.2g Total fat	16.3g Saturates	0.1g Salt	9.8g Sugar	5.9g Protein
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Bûche de Noël





My free-from life...

Michelle Kickham

Gluten Free and All Things Nice blogger
explains her desire to help others...

ON MY SITE (www.glutenfreenadallthingsnice.com) you'll find plenty of healthy, gluten-free recipes that you can feel good about! My goal is to make life easier (and tastier!) for those suffering from food allergies. I love creating recipes that not only satisfy your taste buds, but also offer amazing health benefits by using wholesome, healthy ingredients. All of my recipes are completely free of gluten and refined sugar and are actually good for you! Vegan? No problem! I've plenty of recipes and advice for those following a vegan diet too. So don't fret – eat a cookie!

As a scientist, I believe that knowledge is power. Knowing why you're using a particular ingredient, what its health benefits are, what your body does with it – these are all of the things you've probably wondered about but never really asked? Well, I live to answer! Here at *Gluten Free and All Things Nice* you can be sure I'll never feed you 'lies' about a product, brand or recipe – I offer you the facts and you take it from there. I made a promise to myself never to be 'bought' by a brand – I like to think that my readers can trust me to always give them the best recipes, products and advice available.

So, who am I? Why did I start my blog, and what can it do for you?

I am, first and foremost, a scientist. The nerdy kind but the good kind of nerd! I don't ever see myself starring in *The Big Bang Theory*, but science and everything about it just fascinates me. I graduated from Maynooth University with a First Class Honours Degree in Biology and Chemistry and loved every second of it. I have been awarded a scholarship by the Irish

Research Council to pursue a PhD in Immunology under the supervision of an amazing researcher. I am incredibly lucky to be spending the next four years of my life doing something that I absolutely adore. I know you're probably thinking: 'Why would you go back to college for another four years?' Well, I did say I was a nerd! But really and truly, I became a scientist for the sole purpose of helping people and making a contribution to healthcare in general. I believe that science has so much power and potential that eventually we will cure cancer, we will

cure the currently incurable and we will unearth the secrets behind the currently unexplained. And I am so excited to be a part of it.

So, why the blog? The same reason. I love to help people. I feel it is my duty as both a scientist and a coeliac to share my knowledge, recipes and lifestyle advice to anyone who might benefit. I started the blog as a hobby – just for fun – but as it grew more popular and as I got more visits, comments and questions, it became so much more. I love the thought that somebody out there likes what I have to say or finds it helpful in some shape or form. It has become my second job. I know I'm only a small-time blogger in a huge blog world, but for me that's okay. As long as

I'm helping someone that's enough.

And the second question, why do I promote healthy, nutritious recipes rather than the same-old butter-laden, sugar-filled treats? Well, that all stems from a slightly different part of my life. I had some health issues during my

teenage years and I was overly thin, yet I felt I ate 'healthily'. Far from it. I was the picture of ill-health. I began learning about real nutrition – you know those nutrition labels you read on the back of food packaging? That sort of stuff, but deeper. I wanted to know the details, the science – the

truth. And that's exactly what I did. No, I am not a nutritionist or a dietitian, but I have learned a lot the past few years and, with my background in science, I feel that I do appreciate the subtleties involved. Since I started learning about proper nutrition I feel better than ever. I've even begun to lift weights, and build muscle and I love it. I am walking proof that you can do anything you put your mind to and, with knowledge in your pocket, you're set up for success.

So – that's the brief low-down on me, my blog and why I do what I do. I hope you enjoy all of the recipes, tips and advice and please don't hesitate to email me if you ever want help with anything specific! ☺



I believe that science has so much power and potential that eventually we will cure cancer, we will cure the currently incurable and we will unearth the secrets behind the currently unexplained...

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Free-from Christmas

Catering for allergies, whether they be your own or a loved one's, can be a minefield, but Laura Hemmington shows us how the festive season can be enjoyed by one and all...

AS WE ENTER THE SEASON for all things crisp, cosy and comforting, our thoughts start to focus on winter's main event: Christmas. For those with a free-from diet, or who might be cooking for one who does this festive season, a little forward-planning can make all the difference to making this Christmas one to remember. From choosing between delicious recipes to considering the best options for the big day itself, read on for all the inspiration you need to ensure this free-from Christmas is as happy, decadent and hassle-free as any other.

Having vegan, gluten-free or any other dietary needs most certainly doesn't mean having to miss out on your favourite dishes and treats at Christmas, doing something completely different from the usual Christmas routine, or even making lots of extras. With a few tweaks, your favourite recipes can be shared and enjoyed on the big day with everyone around the table.

But before we look at some of the options for the menu itself, it's important to remember that if you have invited people with free-from dietary needs to a festive meal, they may well be feeling more nervous than you! This isn't from a fear that you'll be feeding them something they can't (or don't want to) eat, but because no-one likes to feel that they're causing their host any extra work. So, as with any meal that involves a group of people, planning is paramount.

Most vegans and those with a free-from diet will appreciate being asked if they have a preference for, let's say, a type of meat-free sausage or vegan cheese, and will love to be invited to bring a dish to help out with the catering. More than anything, this will help them feel like they have contributed to all of your hard work and the overall enjoyment of the day.

If this is the first festive table you've had to prepare with special thought to different diets, your initial concerns may be ones of panic, along the lines of 'but what can they eat?' If this is the case, I'm happy to assure you that the answer is actually most of the things you're already cooking, but with just a few alterations.

Many of your classic vegetable dishes can be easily adapted. For example, swap maple syrup for honey on the roasted carrots and you have the same, sweet, caramelised dish that everyone knows and loves. Like any other recipe, the

key to success is starting off with a list of great-tasting ingredients, which at Christmas is just the same for free-from diets as for any other. With all of those herbs, spices, fruits and nuts available during this time of year, there's

plenty of food for thought!

With a few tweaks, your favourite recipes can be shared and enjoyed on the big day with everyone around the table...

So what lovely festive fare is going to make it onto your menu?

Starting with the nibbles and canapés is simple, because the majority of your pre-dinner snacks

are easily adaptable for a free-from Christmas. Of course there are plenty of olives, crisps, nuts, breadsticks and dips



to choose from (just check the labels for any animal or gluten-derived ingredients), but you could also be a little adventurous and make some vegan sausage rolls – which always go down well at a party. These savoury morsels are quick and simple to make thanks to the greater choice of vegan and gluten-free ready-made pastries and soy-based sausages in major supermarkets and health food stores. Just roll up the sausages in pastry, brush with soy milk and they're ready to bake!

If you'd rather skip the nibbles and head straight to the table, soup can be a great starter that everyone can enjoy together, and can be made well in advance to be reheated. Seasonal vegetables such as squash, celeriac and leeks can all be roasted with herbs like sage and thyme, blended with vegetable stock and topped off with a dash of almond cream. Adding in a few extra spices can make even a simple dish taste decadent – try roasting parsnips with cumin and ginger for something warming and fragrant.

Christmas dinner, for many I'm sure, is all about the trimmings, which is what makes a vegan Christmas dinner so exciting and simple to cater for. Vegetables really are the star of this special meal, so you can really go to town with the side dishes. Roast potatoes cooked in olive or coconut oil are delicious, and all of those greens can be dressed with oil instead of butter. How about tossing spinach, broccoli and green beans in garlic and chilli for something extra special? Not forgetting braised red cabbage, another favourite that's already suitable for vegans and gluten-free guests.

Nuts are often the first port of call for a vegetarian, vegan or gluten-free main course at the festive dinner table. A great source of protein, flavour and texture, a nut roast or similar can make a great choice; but how about considering something a little different? A vegan haggis and chestnut pie makes an impressive, filling and delicious centrepiece, as does as a rich gratin of root vegetables, herbs and candied pecans, layered with dairy-free cream. A stuffed squash with plenty of colourful and tasty ingredients is also a great-tasting choice that's simple to prepare yet beautiful once served.

For something a little brighter, warm salads that combine beautiful pomegranate seeds, squash, quinoa, whole almonds and aubergine offer a varied mouth-watering alternative; you can even throw in some griddled fennel, preserved lemons and tahini for an even more vibrant dish.



Finally, your free-from main course won't be complete without gravy or stuffing. If you are using ready-made gravy granules, most brand and supermarket vegetable or onion gravy granules will be vegan, however may contain gluten, so take a look at the label. As well as shop-bought mixes, quinoa is a fantastic gluten-free alternative for making your own stuffing, especially when combined with dried fruit and fresh herbs.

After all of that savoury goodness, thoughts will be turning to dessert. As well as there now being a huge selection of gluten-free and vegan Christmas puddings, mince pies and fruit cakes available in supermarkets, you can really wow your guests with some homemade creations. There's a great variety of gluten-free flours available for making your own baked goods and a wealth of recipe inspiration to start exploring. For something different, how about a raw chestnut chocolate tart for a decadent yet simple bake-free option?

Aside from the food, remember to check that the alcohol you serve is suitable for any dietary requirements. Many people are unaware that a lot of beer and wine either contains animal products, or has been refined using them. However, a quick search on a website such as Barnivore (www.barnivore.com) will tell you if your choice is suitable, and most supermarkets now either have clear labelling practices or a list they can refer you to.

Most of all, make sure you enjoy it! As much as Christmas is about a great meal, it really revolves around spending

time with loved ones. If you are keen to plan ahead and get started, there's no shortage of recipes, ideas, resources and support out there; you're sure to find something that everyone around the Christmas table will love.

For more information, visit www.thewholeingredient.com



Four-ingredient cranberry sauce

By Laura Hemmington (www.thewholeingredient.com)

GF SF DF EF MF V

Serves 4 | Prep 20 mins plus chilling |

Cook none | Calories 47 (per serving)

150g (5½oz) frozen cranberries

juice and finely grated zest of 1 orange

2 tbsp pure maple syrup

100ml (3½fl oz) water

1 Add all the ingredients to a saucepan and simmer on a moderate heat for 20 minutes, stirring occasionally to break up the cranberries. The sauce should reach a jam-like consistency.

2 Leave to cool, then transfer to a sterilised, airtight container. Keeps in the fridge for at least 1 week.

0.1g Total fat	0g Saturates	0g Salt	7.7g Sugar	0.1g Protein
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The image shows the cover of 'Reloved' magazine and the 'Annie Sloan Chalk Paint 25th Anniversary Source Book' placed on a light-colored wooden surface. In the top right corner, there are several decorative buttons. On the left, a paintbrush is partially visible. A red circular stamp in the bottom center reads 'FREE ANNIE SOURCE BOOK'.

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Breakfast

RECIPES

Give yourselves that extra special
boost in the morning...





Shauna's green smoothie

By Shauna R. Martin

GF DF EF MF V

Serves 1 | Prep 5 mins |
Cook none | Calories 188 (per serving)

a big handful of spinach
a handful of mint leaves
a thumbsize piece of ginger root
½ a banana
90g (3½oz) mango chunks or sliced peaches
120ml (4fl oz) filtered water

- 1 Wash the spinach, mint, and ginger root.
- 2 Add all the ingredients to a high-speed blender and blend on high until smooth and creamy. Add more water if required to reach the desired consistency.

The recipes on this page are taken from *Daily Greens 4-Day Cleanse* by Shauna R. Martin, photography by Bill Milne, published by Race Point Publishing. (RRP £14.99).



1.7g Total fat **0.5g** Saturates **0g** Salt **21.4g** Sugar **4.4g** Protein

Strawberry green juice

By Shauna R. Martin

GF DF EF MF V

Serves 1 | Prep 5 mins |
Cook none | Calories 152 (per serving)

5 strawberries
a large handful of spinach
4 cos lettuce leaves
½ an apple
a handful of mint (3-4 leaves)
125g (4½oz) pineapple chunks

OPTIONAL SNACK ADDITION

110g (4oz) strawberries

- 1 Wash the strawberries, spinach, lettuce, apple and mint.
- 2 Cut and core the apple and cut into pieces that will fit through your juicer.
- 3 Top and tail the pineapple, peel it, then cut into pieces that will fit through your juicer.
- 4 Run all the ingredients through the juicer, scrape off the foam (if desired). Serve with a few extra strawberries if you like.

0.9g Total fat **0g** Saturates **0g** Salt **25.1g** Sugar **3.4g** Protein



Oat fig newtons

By Patricia Green and Carolyn Hemming GF MF

Makes 24 | Prep 20 mins plus chilling | Cook 16-18 mins | Calories 147 (per newton)

FOR THE DOUGH

125g (4½oz) gluten-free oat flour

125g (4½oz) sorghum flour

125g (4½oz) tapioca starch

60g (2¼oz) unsalted butter, softened

75g (2¾oz) cane sugar

1 large free-range egg

2 tsp vanilla extract

FOR THE FILLING

500g (1lb 1oz) dried figs

75ml (2½fl oz) fresh orange juice

½ tsp finely grated orange zest

1 tbsp honey

1 Lightly spray or grease a large baking sheet. Line the sheet with parchment paper.

2 For the dough, whisk together the oat and sorghum flours and tapioca starch. Set aside. Cream the butter with the sugar, egg and vanilla in a medium bowl. Add the butter mixture to the flour mixture, stirring until a dough forms. Roll the dough into a ball, wrap in clingfilm and place in the fridge for 30 minutes.

3 For the filling, place the figs, orange juice and zest and honey with 250ml (9fl oz) water in a saucepan over a medium heat. Bring to a boil, then cook gently for 5-8 minutes, until most of the seeds have separated from the skins. Set the mixture aside to cool. Using a food processor or blender, purée the mixture until it becomes a smooth jam or paste. Set aside.

4 Preheat the oven to 180°C/Gas Mark 4.

5 Take the dough out of the fridge and place it on a floured piece of parchment. Roll the dough into a 30cm (12in) square. Cut the square of dough into three 10cm (4in) wide strips. Spread fig purée along the middle of each length of dough. Roll from the long edge in to create a log, pinching to seal. Trim the ends and cut each log into eight 4cm (1½in) cookies. Place the cookies on the baking sheet, spaced slightly apart.

6 Bake for 16-18 minutes, until the edges are lightly golden. Allow to cool completely on the baking sheet.

Recipe taken from *Sweet Goodness* by Patricia Green and Carolyn Hemming, photography by Ryan Szulc, published by Penguin Canada. (RRP \$29.96).



2.9g	1.5g	0.1g	14g	2.2g
Total fat	Saturates	Salt	Sugar	Protein

Breakfast pancakes with bacon and avocado

By Lisa Faulkner for The Groovy Food Company (www.groovyfood.co.uk)

GF SF

Serves 6 | Prep 15 mins | Cook 20 mins | Calories 478 (per serving)

1 tbsp The Groovy Food Company Amber and Mild Agave Nectar
150g (5½oz) gluten-free self-raising flour
½ tsp cream of tartar
2 large free-range eggs, separated
125ml (4½fl oz) natural yoghurt
16 rashers of streaky bacon
2 avocados, peeled, sliced
2-3 tbsp The Groovy Food Company Rich and Dark Agave Nectar
The Groovy Food Company Organic Cooking Spray with Virgin Coconut Oil

- 1 Sift the flour into a bowl with the cream of tartar and the agave nectar. Make a well in the centre, add the egg yolks and dollop in the yoghurt. Mix gradually together to form a thick batter. Set aside while you prepare the bacon.
- 2 Heat your grill to high and cook the bacon for 5-6 minutes, turning, until golden and crispy. Set aside under a piece of foil to keep warm.
- 3 Once the bacon is nearly cooked, whip the egg whites in a clean bowl to soft peaks. Fold into the pancake batter.
- 4 Heat a large non-stick frying pan and spray with a little coconut oil spray, so it forms a very thin layer. Drop heaped tablespoons of the batter into the pan and cook for 2 minutes, until set and golden on the bottom (you can peek at them to check), then flip over and cook for a further 1-2 minutes.
- 5 Transfer to a plate to keep warm and cook the rest of the pancakes, adding more coconut oil if you need to.
- 6 To serve, pile up stacks of pancakes scattered with avocado wedges and strips of crispy bacon. Drizzle with the dark agave and serve immediately.



29.7g
Total fat

9.6g
Saturates

1g
Salt

5.2g
Sugar

22.4g
Protein



Carob seed and nut energy bars

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF MF V

Makes 12 | Prep 20 mins plus freezing |
Cook none | Calories 151 (per bar)

75g (2¾oz) raw unsalted cashews	1 tbsp coconut oil
75g (2¾oz) raw unsalted almonds	2 tbsp carob powder
35g (1½oz) mixed unsalted raw seeds (pumpkin, sunflower, sesame, linseed)	1 tbsp chicory powder
2 tbsp chia seeds	1 tbsp cinnamon powder
2 tbsp ground hemp seeds	¼ tsp salt
	125g (4½oz) pitted soft dried dates, unsweetened (soak briefly if using hard dates)

- Place the cashews and almonds in a food processor and pulse a few times until you have a chunky texture.
- Add the dates and pulse until roughly combined, but still very chunky. Do not over-process, unless a very smooth texture is preferred.
- Add the coconut oil, carob, chicory, cinnamon and salt, then process until the mixture comes together into a cohesive dough. There should still be visible nut pieces. Add 1 tsp water if the mixture is too dry. Add the mixed seeds, chia and hemp, then pulse briefly to combine.
- Transfer the mixture to a parchment-lined cake tin, pressing it down and flattening the surface. Place the tin in the freezer to set.

10.1g Total fat
 2.5g Saturates
 0.01g Salt
 7.8g Sugar
 4.1g Protein

Seeded brown rolls

By Holland & Barrett (www.hollandandbarrett.com)

GF MF

Makes 12 | Prep 20 mins plus rising |
Cook 20-25 mins | Calories 229 (per roll)

6 tbsp vegetable oil, plus extra for oiling

450g (1lb) gluten-free brown bread flour blend

2 tsp fast-action dried yeast

½ tsp salt

2 tsp caster sugar

350ml (12fl oz) warm milk

1 tsp cider vinegar

2 free-range eggs, lightly beaten

30g (1½oz) mixed sunflower seeds and pumpkin seeds

1 tbsp mixed poppy seeds and linseeds

1 Oil a 12-hole muffin tin. Sift the flour, yeast, salt and sugar together in a large bowl.

2 Whisk the vinegar and eggs into the warm milk, then add to the flour. Bring the mixture together with your hand. It will be very sticky, but gradually work in the oil and fold through the pumpkin and sunflower seeds. Divide the mixture among the muffin holes, then leave in a warm place covered with an oiled piece of clingfilm for 1 hour.

3 Preheat the oven to 180°C/Gas Mark 4. Sprinkle poppy and linseeds over the top of the dough, then bake for 20-25 minutes, or until risen and golden brown. Cool for 5 minutes in the tin, then transfer to a wire rack to cool completely.

5.5g Total fat
 1.3g Saturates
 0.1g Salt
 2.1g Sugar
 5.5g Protein

Visit the free-from section of www.hollandandbarrett.com for more great recipes and to browse over 1,000 free-from products.



Coconut, passion fruit and cocoa nib bars

By Howard Middleton (www.howardmiddleton.com)

GF DF MF

Makes 16 | Prep 15 mins plus chilling |
Cook 25 mins | Calories 130 (per bar)

75g (2½oz) rice flour
90g (3½oz) quinoa flakes (or gluten-free oats)
75g (2½oz) soft dark brown sugar
50g (1¾oz) cocoa nibs
½ tsp gluten-free baking powder
50g (1¾oz) desiccated coconut
a pinch of salt (optional)
75g (2½oz) dairy-free spread, melted, plus extra for greasing
1 large free-range egg
2 passion fruit (seeds and pulp)

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a 23cm (9in) square baking tin with kitchen foil, so it comes over the sides of the tin, then lightly grease the foil.
- 2 In a large mixing bowl, add the rice flour; quinoa flakes, brown sugar; cocoa nibs, baking powder; coconut and a pinch of salt. Stir to combine.
- 3 In a separate bowl, whisk the melted butter with the egg and passion fruit, then add to the dry ingredients and stir well.
- 4 Spoon the mixture into the lined tin and press it down until even.
- 5 Bake in the oven for 25 minutes until firm and golden. Remove from the tin by lifting the foil and cool on a wire rack. When it's cool, cut into squares.

Recipe taken from
Delicious Gluten-Free Baking by Howard Middleton.
(RRP £16.99).



Banana and nut pancakes

By Vicki Montague (www.freerfromfairy.com)

GF SF DF MF

Makes 12 | Prep 5 mins |
Cook 1-2 mins | Calories 65 (per pancake)

100g (3½oz) mixed nuts (toasted if desired)

1 medium-sized ripe banana

1 medium free-range egg

honey (optional)

- 1 In a hand-held chopper, whizz the nuts (I toast them first in a dry frying pan until starting to brown just to increase the flavour – you don't need to do this) until they form a paste.
- 2 Add the banana and egg and whizz into a smooth batter.
- 3 Preheat a frying pan over a low heat and grease slightly if not non-stick.
- 4 Place a tablespoonfuls of the batter into the pan, with spaces between each.
- 5 Cook for 1-2 minutes on each side until golden. Watch them carefully as the sugar in the banana can make them burn easily. Serve immediately with a little honey drizzled over if desired.

7.1g
Total fat
3.4g
Saturates
0.01g
Salt
5.1g
Sugar
1.6g
Protein

5.1g
Total fat
0.9g
Saturates
0.01g
Salt
1.6g
Sugar
1.9g
Protein

Scrambled eggs with smoked salmon and avocado

By Lisa Roukin (www.myrelationshipwithfood.com) **GF SF DF**

Serves 4 | Prep 15 mins | Cook 3-5 mins | Calories 507 (per serving)

8 large free-range eggs, beaten
sea salt

freshly ground white pepper

2 tbsp coconut oil

2 avocados, sliced, seasoned

225g (8oz) smoked salmon
chives

gluten-free wholemeal bread

1 Break the eggs into a bowl and lightly beat. Season with salt and pepper.

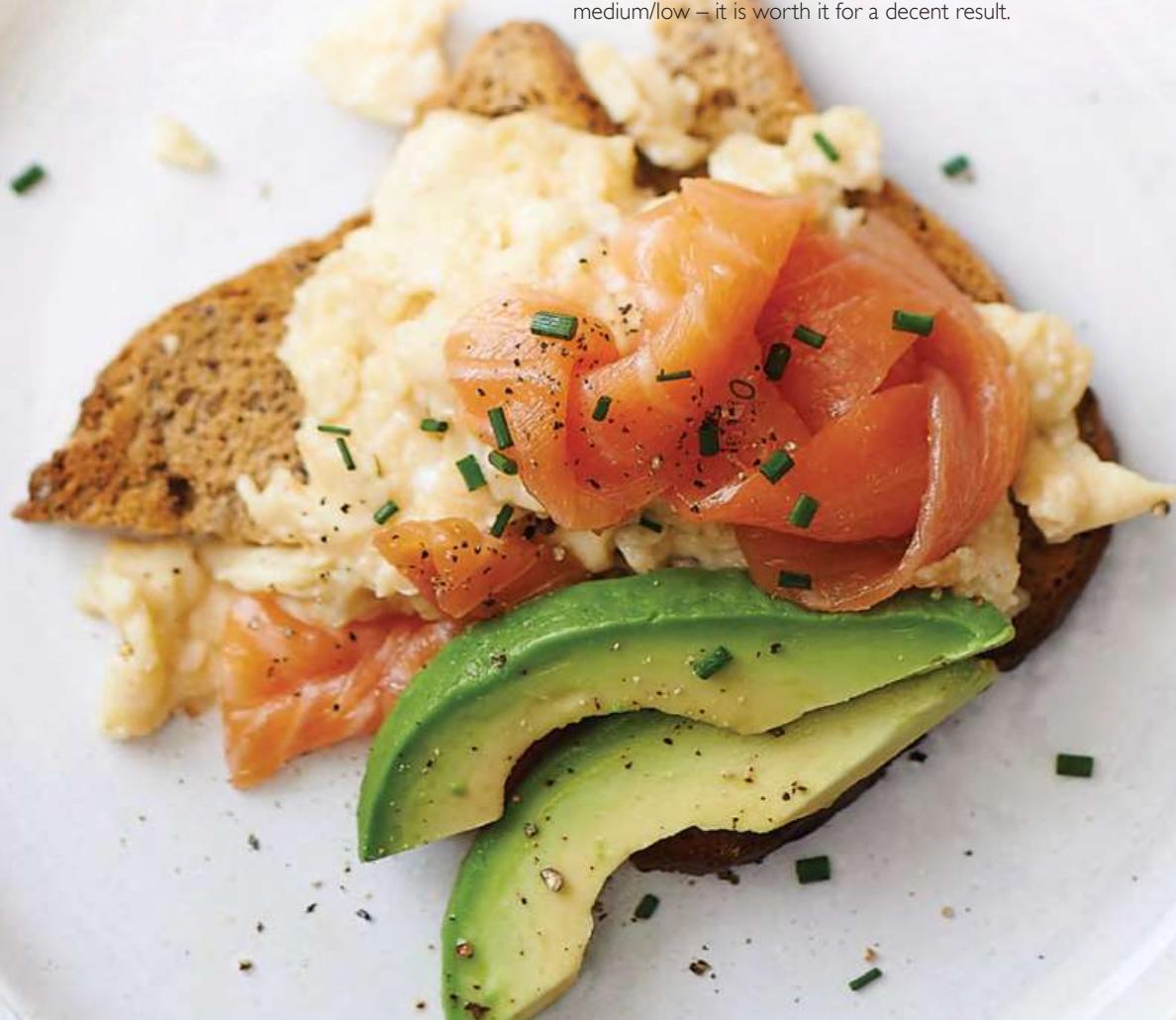
2 Melt the coconut oil in a large non-stick pan on a high heat, then add the eggs and reduce the heat to low. Keep on a low heat, stirring continuously with a wooden spoon.

3 Always remove scrambled eggs from the heat when they are almost set, but still appear shiny and a bit underdone, as they carry on cooking in the pan.

4 Cut the avocados in half, make slices across the length. Scoop out of the skin and season with sea salt and black pepper.

5 Chop up some chives for presentation and serve with the smoked salmon and avocado on top of the bread.

TIP Good scrambled eggs can be tricky to make because the mistake so many people make is turning the heat up higher than necessary to make them cook quicker. This will make them cook quicker, but it will also make them rubbery. So be patient and always keep the heat on medium/low – it is worth it for a decent result.



36.3g
Total fat

11.8g
Saturates

1.5g
Salt

2.4g
Sugar

26.4g
Protein



Cinnamon snails

By Adam Sobel DF EF MF V

Makes 12 | Prep 30 mins plus proving | Cook 15-18 mins | Calories 544 (per snail)

vegetable oil, for greasing
115g (4oz) vegan margarine
60ml (2fl oz) evaporated cane juice
25g (1oz) ground cinnamon
FOR THE DOUGH
450ml (16fl oz) unsweetened soy milk
115ml (4fl oz) canola oil
4½ tsp active dried yeast
115ml (4fl oz) evaporated cane juice
650g (1lb 6oz) plain flour, plus extra for dusting
½ tsp sea salt
1½ tsp baking powder
½ tsp bicarbonate of soda
FOR THE VANILLA GLAZE
75ml (3fl oz) unsweetened soy milk
¾ tsp vanilla extract
350g (12oz) vegan icing sugar

- 1 For the dough, in a large pan over a low heat, warm the milk and canola oil. Pour into a large bowl, sprinkle on the yeast, then top with the cane juice. Allow to activate for 5 minutes, until it foams up. Add the flour; then knead on a floured work surface for 1½ minutes to form a smooth dough. Place in a bowl and allow to rest, covered, for 1 hour, until doubled in size. Transfer to a floured surface and knead in the salt, baking powder and bicarbonate of soda.
- 2 Line a baking sheet with parchment paper and lightly oil the paper with vegetable oil.
- 3 On a floured surface, roll the dough into a 41x50cm (16x20in) rectangle 1cm (½in) thick. Brush the surface with the margarine, then sprinkle the cane juice and cinnamon evenly over the top. Starting at the nearest edge, evenly roll up the rectangle into a cylinder 9cm (3½in) in diameter.
- 4 Cut the roll crosswise into 2cm (¾in) thick slices. Place the slices at least 4cm (1½in) apart on the baking sheet and allow to proof in a warm environment for 15-30 minutes, until they have puffed to double their original height. Preheat the oven to 180°C/Gas Mark 4.
- 5 For the glaze, whisk together the ingredients until smooth.
- 6 Bake the proofed buns for 15-18 minutes, until lightly golden brown and no longer doughy to the touch. While still warm, brush the buns with 3-4 tbsp glaze apiece. Cinnamon snails are best if served warm and fresh from the oven, but they can be gently brought back to life if reheated in a toaster oven or in a covered pan over a low heat.

18.2g
Total fat
2.1g
Saturates
0.2g
Salt
45.2g
Sugar
7.8g
Protein

Recipe taken from *Street Vegan* by Adam Sobel, photography by Kate Lewis, published by Clarkson Potter. (RRP £16.48).





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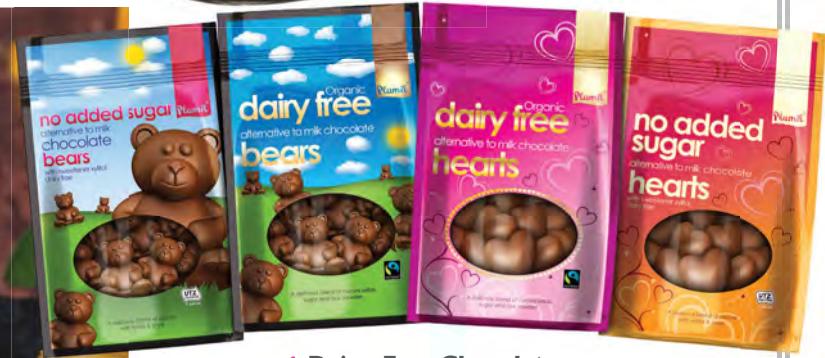


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Understanding your gluten-free diet...

Gloriously Gluten Free author Susanna Booth shows us how to make the most of your baking by using simple ingredients, methods and remembering the basics of gluten-free cooking ...

GLUTEN IS A COMPLEX PROTEIN found in wheat, bulgar wheat, couscous, durum wheat, einkorn, emmer, farro, khurasan wheat (Kamut®), semolina, spelt and triticale. Barley and rye contain related proteins, while oats are also to be avoided because they are so commonly contaminated during growing and/or processing (gluten-free oats are available, but consult a dietitian before including oats in your diet).

CHOOSING INGREDIENTS

Many ingredients are naturally gluten-free. However, as a rule of thumb, you should avoid all baked goods (such as bread, biscuits, cakes, pastries, communion wafers and matzos), crisps, chips, pasta, pizza, stocks, soups, sauces (including soy sauce) and spices unless you know for sure they are gluten-free. You'll need to seek out specifically gluten-free versions of some products, or check packaging to make sure the product doesn't contain gluten (some brands of baking powder, mustard or tomato ketchup contain added flour, for example, but others don't).

The above list of foods to avoid or check is only a guideline – check the label for gluten-containing ingredients.

There is no one product that will act as a direct replacement for wheat flour in every recipe. Gluten-free flours such as buckwheat flour, rice flour or gram flour all have their strengths and weaknesses.

I tend to use brown rice flour because it is neutrally flavoured, has a similar level of carbohydrate to white wheat flour and contains various trace minerals and vitamins. However, rice flour doesn't absorb liquid as quickly as wheat flour so your dishes will often get a better texture if you leave the batter or dough to rest for 15 minutes or so.

Gluten-free flour blends are good for recipes that require a very neutral flavour (eg: certain cakes and desserts).

AVOIDING CONTAMINATION

If you need to be truly gluten-free, then you will also need to ensure every item you use is scrupulously clean. If you have high gluten sensitivity and share your cooking equipment with others, don't use wooden utensils and chopping boards because the cracks may harbour gluten traces. Consider buying kitchen equipment for your exclusive use because it can be very difficult to clean certain items well enough to remove all traces of gluten.

CONVERTING RECIPES

Gluten molecules love to link up with one another and when they do you get a stretchy gloop. Pour water into wheat flour and you'll get a somewhat gooey mixture that can be kneaded into an elastic dough. This stretchiness allows the dough to form wafer-thin layers – just think of filo pastry, the internal structure of fluffy bread or the laciness of crêpes.

However, wheat flour also has limitations and it's precisely because of this gluten content. Sometimes we don't want stretchy textures, for example in cakes or in shortcrust pastry. Some of the most common cooking practices are just a way to prevent gluten molecules meeting other gluten molecules. Creaming butter and sugar, then stirring in the flour means the gluten molecules become coated in fat, minimizing the chances of the gluten linking up and resulting in a lighter cake. Keeping shortcrust pastry cool also minimises gluten linkage, giving a pleasantly crumbly pastry, not a tough one that is liable to shrink. Neither

creaming nor keeping your mixture cool are necessary in gluten-free baking and, in fact, often you need to do the opposite to maximize the interactions within your dough. If you want to convert your own recipes, here are my top tips:

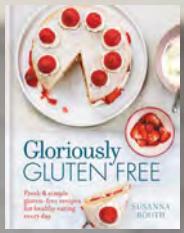
There is no one product that will act as a direct replacement for wheat flour in every recipe...

1 Take your time: If you just use rice flour or a flour blend as a direct substitute for wheat flour, with the same methods, you are likely to end up with gritty and crumbly bakes. For best results, whisk/blend everything really well, then leave

your mixture to rest for a while. Add the raising agent mixed with a couple of teaspoons of water just before you transfer the mixture to the oven, or the raising agent will be activated too soon and your cake won't rise properly.

2 Cut down on fat: Generally speaking, gluten-free flours don't absorb fats and oils nearly as well as wheat flour does and if you're modifying an existing cake recipe this will mean you'll get an oily base. Reduce the butter/oil quantity by about one-fifth.

3 Xanthan gum: Less is more. Xanthan gum is an additive that helps mimic some of the elastic qualities of gluten and will help to 'stick' your ingredients together. It will also minimize the gritty mouth-feel that can be associated with gluten-free baking. It is extremely useful for certain recipes, such as pastry or some breads. However, there are many situations for which there is no need to use it. When you do use it, bear in mind that above a certain concentration it can make a mixture turn slimy – I often use just a quarter of a teaspoon per recipe. ☺



Extract taken from
Gloriously Gluten Free: Fresh & simple gluten-free recipes for healthy eating every day by Susanna Booth, Published by Hamlyn. (RRP £20).





Chocolate cupcakes

By Susanna Booth

GF MF

Makes 12 | Prep 20 mins plus chilling | Cook 15 mins | Calories 344 (per cupcake)

FOR THE CUPCAKES

75g (3oz) gluten-free plain white flour blend
60ml (2fl oz) natural yoghurt
70g (2½oz) granulated sugar
12g (½oz) cocoa powder
2 free-range eggs
75g (3oz) unsalted butter, melted
1 tsp gluten-free baking powder

FOR THE CHOCOLATE ICING

225g (7½oz) icing sugar, sifted
2 tsp cocoa powder

2 tbsp water

FOR THE VANILLA FROSTING

125g (4oz) unsalted butter, softened
150g (5oz) condensed milk
150g (5oz) icing sugar, sifted
1 tsp vanilla extract

- Preheat the oven to 160°C/Gas Mark 3. Line a 12-hole muffin tin with paper cases.
- Place the flour blend, yoghurt, sugar, cocoa powder and eggs in a food processor. Add the melted butter and blend for 1 minute to form a batter. Alternatively, whisk together in a large bowl until well mixed. Leave the mixture to stand for 20 minutes.
- Whisk the baking powder into the cake mixture, then divide evenly among the cake cases. Bake for 15 minutes until the cakes are just cooked through and a skewer inserted into the centres comes out clean. To keep the cakes moist, leave to cool in the tin under a clean tea towel.
- To make the chocolate icing, mix together the ingredients in a bowl until smooth and thick, adding an extra ½ tsp water at a time if necessary – the icing should be thick enough that it can be spread onto the cakes without running down the sides.
- To make the vanilla frosting, whisk together all the ingredients in a large bowl until well combined. Cover and chill for 30 minutes. Swirl or pipe the frosting on to your cakes as preferred, then chill the finished cakes until required.



Hot chocolate pudding

By Susanna Booth

GF MF

Serves 6 | Prep 15 mins | Cook 45-50 mins | Calories 305 (per serving)

25g (1oz) unsalted butter, plus extra for greasing	2 tsp gluten-free baking powder
100g (3½oz) brown rice flour	1 free-range egg, lightly beaten
100g (3½oz) granulated sugar	FOR THE SAUCE
125ml (4fl oz) milk	110g (3½oz) soft dark brown sugar
1 tsp vanilla extract	25g (1oz) cocoa powder
55g (2oz) cornflour	250ml (8fl oz) boiling water
1 tsp cocoa powder	170ml (6fl oz) milk

- Preheat the oven to 170°C/Gas Mark 3. Grease a 1.75 ltr (3pt) pudding basin with butter.
- Place the rice flour, sugar, butter, milk and vanilla extract in a saucepan and whisk together over a medium-low heat until the butter has melted and the mixture has thickened to form a paste.
- Remove the pan from the heat and whisk in the cornflour, cocoa powder, baking powder and egg. Spoon the mixture into the pudding basin.
- For the sauce, sprinkle the brown sugar and cocoa powder over the mixture, then pour on the boiling water and milk. Place on a baking sheet and bake for 45-50 minutes until risen and the sauce has a custard-like consistency. Remove from the oven and leave to cool for 5-10 minutes.
- Carefully invert onto a lipped plate or shallow bowl and serve immediately.

15.7g
Total fat
9.7g
Saturates
0.2g
Salt
43.9g
Sugar
3g
Protein

6.5g
Total fat
3.5g
Saturates
0.3g
Salt
37.2g
Sugar
5.3g
Protein

6.9g
Total fat
4.2g
Saturates
0.1g
Salt
0g
Sugar
2.8g
Protein

Cheese straws

By Susanna Booth

GF SF MF

Makes 20 | Prep 20 mins | Cook 15 mins | Calories 102 (per straw)

100g (3½oz) unsalted butter, diced, plus extra for greasing	½ tsp xanthan gum
150g (5oz) strong Cheddar cheese or other hard cheese, grated	1 free-range egg, beaten
100g (3½oz) gluten-free plain white flour blend, plus extra for dusting	2 tbsp water
80g (3oz) potato flour	¼ tsp cayenne pepper
2 tsp gluten-free baking powder	

- Preheat the oven to 180°C/Gas Mark 4. Lightly grease two baking sheets with butter.
- Mix together the flour blend, potato flour, baking powder and xanthan gum in a bowl. Add the butter and rub in with the fingertips until the mixture resembles breadcrumbs.
- Reserving a couple of tablespoons of the cheese, stir the remainder into the flour mixture with the egg to form a soft dough.
- Roll out the dough to a rectangle about 1cm (½in) thick on a work surface dusted with a little flour blend. Trim the edges, then cut into fingers.
- Add the water to the bowl that held the beaten egg and swoosh it about a bit to create an egg wash. Brush the tops of the cheese straws with the egg wash, then sprinkle over the reserved cheese and a dusting of cayenne pepper.
- Bake for 15 minutes until golden. Leave to cool on a wire rack before serving.

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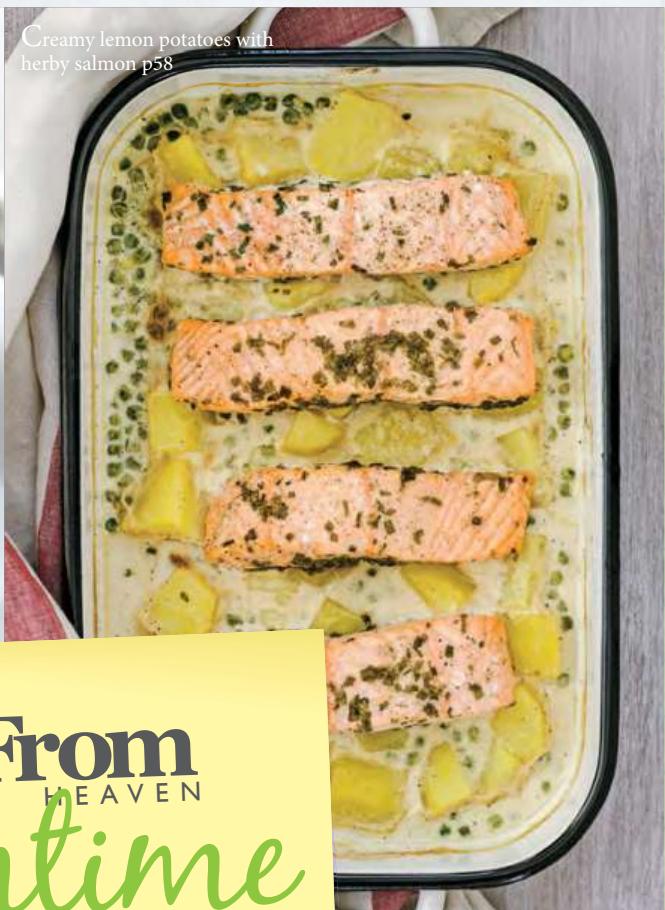
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Creamy lemon potatoes with herby salmon

By Lesley Waters

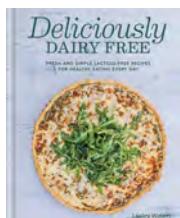
GF SF DF EF

Serves 4-6 | Prep 30 mins plus chilling | Cook 15 mins | Calories 456 (per serving)

300ml (10fl oz) almond milk or other dairy-free milk
250ml (8fl oz) dairy-free single cream
finely grated zest of 1 lemon
juice of ½ a lemon
1 garlic clove, peeled, crushed
875g (1 ¼lb) potatoes, peeled, diced
4 skinless salmon fillets, about 140g (4½oz) each
1 tbsp olive oil
a small bunch of chives, chopped
225g (7½oz) frozen petit pois
salt and freshly ground black pepper

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Place the milk, cream, lemon zest and garlic in a non-stick sauté pan and season generously with salt and pepper. Heat gently until just boiling.
- 3 Add the potatoes to the pan and bring back to the boil. Reduce the heat and simmer over a medium heat for about 20 minutes, or until the potatoes are just tender and still holding their shape.
- 4 Meanwhile, place the salmon fillets in a bowl, drizzle over the lemon juice and oil and scatter over the chives, then season well with salt and pepper. Mix well to coat the salmon fillets.
- 5 Add the peas to the potatoes and gently stir through, then pour into a gratin dish. Lay the salmon fillets over the top and bake for 15 minutes until cooked through. Serve with a watercress salad.

The recipes on this page are taken from *Deliciously Dairy Free: Fresh and simple lactose-free recipes for healthy eating every day* by Lesley Waters, photography by Haarala Hamilton, published by Hamlyn. (RRP £20).



26.7g
Total fat
12.6g
Saturates
0.2g
Salt
5.9g
Sugar
24.7g
Protein



Crab and ginger tart

By Lesley Waters

DF

Serves 6 | Prep 20 mins plus chilling | Cook 40-50 mins | Calories 341 (per serving)

10cm (4in) ginger, peeled, chopped
100g (3½oz) parsley
2 tbsp sunflower oil
350g (11½oz) fresh white crab meat
2 free-range eggs
2 free-range egg yolks
grated zest of 1 lime
325ml (11fl oz) dairy-free single cream
FOR THE CRUST
300g (10oz) plain flour
1 tsp sea salt
3 tbsp sesame seeds
75ml (2½fl oz) olive oil
75ml (2½fl oz) cold water
FOR THE DRESSING
4 spring onions, chopped
juice of 1 lime
1 chilli, finely chopped
3 tbsp dark soy sauce
6 tbsp sunflower oil
1 tsp caster sugar
1 tbsp water

- 1 For the crust, mix together the flour, salt and sesame seeds. Stir in the oil and water. Bring the dough together and form into a flat disc. Preheat the oven to 200°C/Gas Mark 6.
- 2 Roll out the pastry and use it to line a 28cm (11in) loose-bottomed flan tin. Cover with clingfilm and chill in the fridge for 15 minutes. Line the tart case with baking parchment and half-fill with baking beans. Bake blind for 10-15 minutes. Remove from the oven and lift out the paper and beans. Return to the oven for a further 3-5 minutes until it is just cooked. Reduce the heat to 190°C/Gas Mark 5.
- 3 Place the ginger, parsley and sunflower oil in a small food processor and blend together into a paste. Spread over the base of the tart case. Scatter the crab meat over the top. Beat together the eggs, egg yolks, zest and cream. Season. Pour into the tart case, then bake for 30-35 minutes or until just set. Whisk all the dressing ingredients together in a small bowl. Season to taste with salt and pepper. Serve the tart warm with a drizzling of the soy/chilli dressing.

22.3g
Total fat
3g
Saturates
0.5g
Salt
1.6g
Sugar
11.6g
Protein



Creamy chicken and leek pie

By Nicola Graimes SF DF

Serves 4-6 | Prep 20 mins | Cook 1 hr 15 mins | Calories 463 (per serving)

4 streaky bacon rashers

2 tbsp olive oil

550g (1lb 3oz) boneless, skinless chicken thighs, cut into large bite-sized chunks

1 large leek, trimmed, cleaned and chopped

250g (8oz) chestnut mushrooms, quartered

2 large garlic cloves, peeled, finely chopped

1½ tsp dried thyme

275ml (9fl oz) chicken stock

1 tbsp cornflour

1 tbsp water

2 tbsp dairy-free cream cheese

400g (13oz) dairy-free puff pastry flour, for dusting

a little dairy-free milk, to glaze

salt and freshly ground black pepper

1 Cook the bacon under a preheated hot grill until almost crisp, then drain on kitchen paper.

2 Meanwhile, heat half the oil in a large heavy-based pan over a medium-high heat, add half the chicken and cook for 5 minutes until browned all over; then remove from the pan with a slotted spoon and set aside. Repeat with

the remaining chicken, adding a little of the remaining oil if necessary, then remove from the pan.

3 Heat the remaining oil in the pan, add the leek and cook for 5 minutes until softened. Add the mushrooms and cook for a further 5 minutes until tender; then stir in the browned chicken, garlic and thyme. Pour in the stock and bring to the boil, then reduce the heat and simmer, part-covered, for 20 minutes until reduced.

4 Stir the cornflour into the water in a cup, then add to the pan and cook for 5 minutes until the sauce has thickened, stirring frequently. Turn off the heat and stir in the cream cheese. Cut the bacon into pieces and add to the pan, then season to taste. Preheat the oven to 220°C/Gas Mark 7.

5 Spoon the chicken filling into a 30x25cm (12x10 in) pie dish. Roll out the pastry on a lightly floured work surface so it is 7cm (3in) larger than the top of the pie dish. Cut a 1.5cm (½in) wide strip of pastry the same length as the rim of the pie dish. Brush the rim of the dish with water; then place the pastry strip on top. Brush the pastry strip with a little water; then place the large sheet of pastry on top. Trim and crimp the edges, then decorate the top with any surplus pastry. Brush the top with milk and prick a few times with a fork.

6 Bake in the oven for 30 minutes until the pastry is golden and cooked.

This recipe and the flan on page 60 are taken from *Dairy-free Food for Kids* by Nicola Graimes, published by Hamlyn. (RRP £12.99).



20.7g
Total fat
8.4g
Saturates
0.8g
Salt
1.8g
Sugar
35.5g
Protein



Bacon and pea flan

By Nicola Graimes SF DF

Serves 4-6 | Prep 20 mins | Cook 1 hr 5 mins | Calories 658 (per serving)

20g (¾oz) dairy-free spread, plus extra for greasing
325g (11oz) dairy-free shortcrust pastry flour, for dusting
8 smoked bacon rashers
2 large onions, peeled, finely chopped
75g (3oz) frozen petits pois
2 large free-range eggs
200ml (7fl oz) unsweetened almond milk
100ml (3½fl oz) dairy-free cream
1 tsp Dijon mustard
1 tbsp nutritional yeast flakes
1 tsp dried thyme
salt and freshly ground black pepper

- Lightly grease a 23cm (9in) loose-bottomed flan tin. Preheat the oven to 180°C/Gas Mark 4.
- Roll out the pastry on a lightly floured work surface and use to line the flan tin. Line the pastry case with baking paper and baking beans, then bake in the oven for 15 minutes. Remove the beans and paper and return the case to the oven for a further 15 minutes until the pastry is crisp and light golden.
- Meanwhile, put the bacon on a foil-lined baking sheet and place it in the oven to cook alongside the pastry case for 15-20 minutes, turning once, until golden and starting to crisp. Drain the bacon on kitchen paper to remove any excess fat.
- While the pastry case and bacon are cooking, heat the spread in a large frying pan over a medium-low heat and gently cook the onions for 20 minutes until very soft, reducing the heat if they start to colour. Steam the peas in a separate saucepan until tender.
- Whisk together the eggs, milk, cream, mustard, yeast flakes and thyme in a jug, then season with salt and pepper.
- Spoon the onions and peas over the pastry case in an even layer. Cut the bacon into bite-sized pieces and scatter over the top. Pour the egg mixture into the pastry case and bake for 35 minutes, or until just set and starting to colour.

43g Total fat
5.3g Saturates
0.2g Salt
3.7g Sugar
25.4g Protein



Bread sauce

By Diana Murphy (www.theglutenfreecentre.co.uk)

GF SF DF EF MF V

Serves **4-6** | Prep **15 mins** plus infusing |
Cook **10-12 mins** | Calories **44** (per serving)

300ml (10fl oz) dairy-free milk alternative
(I used unsweetened almond milk)

1 onion

15-20 cloves

2 bay leaves

4 whole peppercorns

a small pinch of ground or whole mace (optional)

salt

3 slices of gluten-free bread

- 1 Peel the onion and cut it in half. Stick the cloves into the onion halves – about 7-10 pieces each depending on your taste.
- 2 Pour the milk into a saucepan add the bay leaves, peppercorns, salt and mace, if using.
- 3 When it starts to simmer, add the onion with the cut side down, so that all your cloves are in the milk. Turn off the heat and cover the pan.
- 4 Allow the flavours to infuse the milk for at least 2-3 hours. The longer you leave it, the stronger the flavours will be.
- 5 Put the bread into a food processor and process into breadcrumbs. I always use the end slice too to have more crust and texture in my breadcrumbs.
- 6 Spread the crumbs on a baking sheet and dry them in the oven on a low heat for about 10-12 minutes, or until golden. Allow the crumbs to cool. Once the milk is ready, remove the onions and spices and bring it to a gentle simmer. Add the breadcrumbs to the pan and cook for a few minutes until the crumbs are soft. If it becomes too thick, just add a little more milk. Check the seasoning and serve immediately.

0.6g Total fat
 0g Saturates
 0.1g Salt
 1g Sugar
 0.6g Protein

Brussels sprout chips

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF EF MF V

Serves **4-6** | Prep **20 mins** |
Cook **18-20 mins** | Calories **54** (per serving)

400g (14oz) Brussels sprouts, stems removed and leaves separated

10g (½oz) Parmesan cheese (or any hard dairy-free cheese of your choice), grated

1 tbsp olive oil

sea salt

freshly ground black pepper

paprika

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Wash the sprouts, trim the bottom stems and discard. Remove any wilted outer leaves and discard.
- 3 Cut each sprout in half and remove the loose leaves.
- 4 Combine the halves and leaves in a bowl and toss with olive oil, salt, pepper and paprika.
- 5 Place on a foil-lined baking sheet and bake in the oven for 10 minutes, stirring every few minutes to prevent burning.
- 6 Add the Parmesan (or dairy-free cheese of your choice) and bake for a further 8-10 minutes.

TIP The easiest way to release the leaves is to keep trimming the bottom stem as you peel away the layers.

2.9g Total fat
 0.7g Saturates
 0.1g Salt
 1.4g Sugar
 2.8g Protein



Parsnips with sesame seeds and honey

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF EF MF

Serves 4-6 | Prep 30 mins |

Cook 40-45 mins | Calories 91 (per serving)

6 parsnips, peeled, cut lengthways into 4-6 strips

2 tbsp extra-virgin olive oil

sea salt

freshly ground black pepper

paprika

1-2 tbsp honey

TO GARNISH

a handful of sesame seeds

- 1 Preheat the oven to 190°C/Gas Mark 5. Line a large baking tray with parchment paper.
- 2 Heat a heavy bottom frying pan to hot, but not burning.
- 3 Add the sesame seeds to the pan and gently swirl the pan around until you notice the seeds starting to colour. Place on a plate immediately. They will continue to cook even when off the heat. Set aside.
- 4 Place the parsnips on the baking tray and season generously with salt, pepper and paprika. Rub the seasoning into the parsnips, then coat in olive oil.
- 5 Bake in the oven for 40 minutes, although keep an eye on them, turning them over after the first 20 minutes.
- 6 After 40 minutes, drizzle over the honey and cook for a further 5 minutes.
- 7 Remove and place on a serving platter or plates and sprinkle the toasted sesame seeds over the top.

TIP You can enjoy these parsnips cold. Chop them up in a salad, or add them to a frittata.

8.5g
Total fat

0.9g
Saturates

0.1g
Salt

3.3g
Sugar

1.5g
Protein

Spicy potatoes

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF EF MF V

Serves 4-6 | Prep 30 mins |

Cook 40-50 mins | Calories 182 (per serving)

1.2kg (2lb 9oz) Maris Piper potatoes

4 tbsp peanut or coconut oil

1 tsp black mustard seeds

1 tsp cumin seeds

½ tsp ground cumin

½ tsp sweet paprika

1½ tsp turmeric

¼ tsp chilli flakes

1 garlic clove, peeled, crushed

2 tbsp lemon juice

¼ tsp salt

1 Preheat the oven to 180°C/Gas Mark 4.

2 Cut your potatoes in half, then quarter, then quarter each quarter again. Boil for about 10-12 minutes until just tender. Rinse under cold water; drain, then cool.

3 Combine the potatoes, peanut oil, seeds, spices, salt, garlic and lemon juice in a baking dish.

4 Bake in the oven for about 30-40 minutes, or until the potatoes are nice and crispy.

TIP This recipe can be made 3 hours ahead. Store it, covered, in your refrigerator. It can also be eaten cold.

4.7g
Total fat

3.7g
Saturates

0.1g
Salt

2.4g
Sugar

3.7g
Protein



Turkey and chestnut meatballs in a velvety mushroom sauce

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk) GF SF DF EF

Serves 4 | Prep 30 mins | Cook 50 mins | Calories 362 (per serving)

FOR THE MEATBALLS

500g (1lb 1oz)
turkey mince

150g (5½oz) vacuum
packed unsweetened
natural chestnuts

½ an onion, peeled,
finely chopped

1 tbsp thyme leaves

2 tsp garlic powder

salt and freshly ground
black pepper, to taste

coconut oil, for frying

FOR THE SAUCE

150g (5½oz) closed

cup mushrooms,
roughly chopped

150g (5½oz) parsnips,
peeled, roughly chopped

½ an onion,
peeled, chopped

1 garlic clove, peeled,
finely chopped

1 tsp fresh thyme leaves

225ml (8fl oz) gluten-free
chicken stock
or bone broth

1 tbsp coconut oil

2 tbsp tahini

coconut oil until brown on one side. Flip over to brown the other side. Try not to overcrowd the pan. Fry in batches if necessary. Transfer the meatballs to a dish while making the sauce.

4 For the sauce, in a clean heavy based pan (with lid), heat the coconut oil over a medium heat.

5 Sauté the onion and garlic for a few minutes until softened and fragrant.

6 Add the parsnips, sauté briefly, then cover with the stock. Add the thyme and bring to the boil, before turning down the heat to a simmer and covering with a lid.

7 Simmer for 10-12 minutes until the parsnips are soft. Add mushrooms and continue to cook for another 5 minutes with the lid on. Remove the pan from the heat, before blitzing with a blender until the sauce is smooth.

8 Return the pan to a low heat and stir through the tahini. Season to taste.

9 Return the meatballs to the sauce, cover, then gently simmer with the lid on for 20-30 minutes, or until the meat is cooked through.

10 Serve with courgette noodles, cauliflower rice or some mashed sweet potato and a side of greens.

- 1 In a large mixing bowl, roughly mash the chestnuts until mostly fine crumbs with some slightly larger chunks remaining for texture.
- 2 Add the onion, turkey, thyme, garlic, salt and pepper and combine thoroughly.
- 3 Roll the mixture into even sized balls (I made 12 golf ball-sized balls) and fry over a medium to high heat in the

14.7g Total fat	5.8g Saturates	0.4g Salt	4.2g Sugar	29g Protein
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Courgette, Parmesan and rosemary crackers

By The Australian Women's Weekly

GF SF EF MF

Makes 20-25 | Prep 25 mins |
Cook 20 mins | Calories 39 (per cracker)

60g (2oz) sunflower seeds
60g (2oz) walnuts, coarsely chopped
1 small courgette, coarsely chopped
25g (1oz) Parmesan, finely grated
1 tbsp poppy seeds
1 tbsp sesame seeds
1 tbsp flax seeds
½ tsp cumin seeds
½ tsp dried oregano
1 tbsp plus 1 tsp rosemary leaves, finely chopped
½ tsp sea salt flakes

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Process the sunflower seeds and walnuts until finely ground. Add the courgette and process to combine. Add the Parmesan, flax seeds, sesame seeds, poppy seeds, cumin seeds, oregano and 1 tsp rosemary. Season, then pulse to combine. Spread the courgette mixture onto a piece of baking paper, then top with a second sheet of baking paper. Roll the mixture out into a 25x35cm (10x14in) rectangle. Transfer the cracker (on the paper) to a large baking tray, then remove the top layer of paper.
- 3 Using a knife, score the dough at 5cm (2in) intervals crossways, then lengthways, to mark out 5cm (2in) squares. Sprinkle with rosemary leaves and sea salt.
- 4 Bake for 20 minutes, rotating the tray halfway through cooking, or until golden. (Cover with foil if over browning.) Cool on the trays, then break into crackers following the scored lines.

Recipe taken from
Sugar Free by The
Australian Women's
Weekly, published
by AWW.
(RRP £5.99).



Nut roast with cranberries

By Lakeland (www.lakeland.co.uk)

GF SF MF

Serves 4-6 | Prep 20 mins |
Cook 50-55 mins | Calories 832 (per serving)

1 tbsp olive oil
3 medium leeks, sliced
4 rosemary sprigs, leaves only, roughly chopped
6 thyme sprigs, chopped
3 garlic cloves, peeled, finely chopped
250g (9oz) chestnut mushrooms, chopped
5 sage leaves, chopped
600g (1lb 4oz) mixed pecans, cashews and hazelnuts
150g (5½oz) Gruyère cheese, grated
3 free-range eggs
150g (5½oz) dried cranberries
salt and freshly ground black pepper
a little butter, to grease
125g (4½oz) frozen cranberries, thawed
bay leaves

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Heat the oil in a frying pan, then fry the leeks, rosemary and thyme for a few minutes until softened. Add the garlic and cook for 1 minute. Add the mushrooms and sage, cook for 2 minutes, then remove from the heat; transfer to a large bowl and leave to cool.
- 3 Place the nuts on a baking tray and toast in the oven for about 8 minutes. Leave to cool, then chop finely before adding to the leek mixture. Add the Gruyère, eggs and cranberries, season and mix well.
- 4 Grease a 900g (2lb) loaf tin and line with baking parchment. Transfer the mix to the tin and cook for 50-55 minutes. The roast should feel firm and a skewer inserted into the middle should come out clean. Cook for a further 10-15 minutes if required. Cool in the tin for 5 minutes, before turning out and removing the baking parchment. Decorate with cranberries and the bay leaves.

3.3g
Total fat
0g
Saturates
0g
Salt
0g
Sugar
1.7g
Protein

69.1g
Total fat
14.9g
Saturates
0.5g
Salt
8.2g
Sugar
27.3g
Protein

Twice-baked goat's cheese soufflé

GF SF MF

Serves 6 | Prep 20 mins | Cook 40-45 mins | Calories 381 (per serving)

80g (3oz) butter
55g (2oz) gluten-free plain flour
450ml (16fl oz) milk
100g (3½oz) soft goat's cheese
100g (3½oz) hard goat's cheese, grated
6 free-range eggs, separated
salt and freshly ground black pepper, to taste
TO GARNISH
diced tomatoes
thyme
rocket
balsamic vinegar

- 1 Preheat the oven to 180°C/Gas Mark 4. Lightly butter six ramekins or soufflé dishes.
- 2 Melt the butter in a pan, then add the flour and stir until slightly golden. Add the milk, stirring constantly, until the mixture thickens and boils.
- 3 Add the cheeses and stir until melted. Remove from the heat and cool for 5 minutes.
- 4 Stir in the egg yolks until well combined. Cool for 10 minutes.
- 5 Whisk the egg whites and a pinch of salt until soft peaks form. Whisk one tablespoon into the cheese mixture until blended. Gently fold in the remaining egg white.
- 6 Divide the mixture among the dishes. Place the dishes in a roasting tin and pour in enough hot water to come halfway up the dishes.
- 7 Cook for about 25 minutes until puffed and golden. Cool in the dishes for 10 minutes, then remove from the dishes and place the soufflés on a baking tray lined with non-stick baking paper. Bake for 15-20 minutes until puffy and golden.
- 8 Place on serving dishes and garnish with diced tomatoes, thyme and rocket. Drizzle a little balsamic vinegar around the soufflés.





Celeriac and parsnip rosti with Cumberland sauce

By The Vegetarian Society (www.vegsoc.org) **GF SF DF EF MF V**

Makes 12 | Prep 20 mins | Cook 15-20 mins | Calories 109 (per rosti)

2 tbsp fennel seeds
2 tbsp cumin seeds
600g (1lb 4oz) parsnips, peeled, grated
400g (14oz) celeriac, peeled, grated
1 tbsp lemon juice
2 tsp onion seeds or mustard seeds
4 tbsp gram flour
2 tbsp soya flour mixed with 1 tbsp water
salt and freshly ground black pepper
4 tbsp groundnut oil

1-2 bunches of watercress, to serve
FOR THE SAUCE
1 orange, pared
1 lemon, pared
4 tbsp gluten-free redcurrant jelly
4 tbsp vegan port
1 tsp dried mustard powder
1 tsp powdered ginger

- 1 Dry fry the fennel and cumin seeds, then grind together.
- 2 Mix the parsnip and celeriac with the lemon juice, seeds, gram flour, seasoning and soya flour paste.
- 3 Heat the oil in a non-stick frying pan over a medium heat. Divide the mixture into 12 portions and pat into rounds.
- 4 Put a few at a time into the pan and cook, turning once until crisp and golden on both sides. Place on a paper towel to remove any excess oil.
- 5 Serve immediately on a bed of watercress with Cumberland sauce.
- 6 For the sauce, thinly pare the rinds from the lemon and orange, removing all the white pith. Cut into very thin strips about 1cm ($\frac{1}{2}$ in) long.
- 7 Boil the zest in water for 5 minutes to extract any bitterness, then drain.
- 8 Place the redcurrant jelly and port into a saucepan and melt over a low heat for 5-10 minutes. Pass the mixture through a sieve to break down any remaining jelly globules.
- 9 In a large bowl mix the mustard and ginger with the juice of half a lemon until smooth.
- 10 Add the juice of the orange, the port and redcurrant mixture and the orange and lemon zest. Mix well. Serve with the rosti.

3g
 Total fat
0g
 Saturates
0.1g
 Salt
6.3g
 Sugar
2.6g
 Protein

Festive filo pillow

By The Vegetarian Society (www.vegsoc.org)

SF DF EF MF V

Serves 2-4 | Prep 20 mins | Cook 30-35 mins | Calories 544 (per serving)

2 tbsp olive oil
1 onion, peeled, sliced
150g (5½oz) mushrooms, sliced
1 yellow pepper, chopped
2 garlic cloves, peeled, crushed
50ml (1¾fl oz) vegetarian port or red wine
25g (1oz) mixture of pumpkin and sunflower seeds, toasted
50g (1¾oz) walnuts, broken
a handful of fresh parsley, rosemary and thyme, chopped
salt and cracked black pepper, to taste
1 packet of vegan filo pastry (you will need to use 2 sheets for this recipe)
50g (1¾oz) vegan margarine, melted
200g (7oz) vegetarian Wensleydale cheese with cranberries

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Gently fry the onion until it softens, then add the mushrooms and pepper. Continue to fry for another 5 minutes. Add the garlic and cook for 30 seconds.
- 3 Add the port and cook until evaporated.
- 4 Mix in the seeds, walnuts and herbs, then season to taste.
- 5 Transfer to a bowl, cover with kitchen roll and allow to cool down.
- 6 Fold out one filo pastry sheet onto a work surface and keep the rest under a damp tea towel to avoid drying out. Brush with margarine and layer with another sheet.
- 7 Put the cool filling onto the pastry so it covers the middle third of the pastry, leaving a 6cm (2¼in) gap at the top and bottom. Crumble the cheese over the filling.
- 8 Fold the top over the filling, followed by the bottom and sides. This should leave you with a nicely packed parcel shape. Bake in oven for 30-35 minutes, until cooked.

37.4g
Total fat
7.5g
Saturates
0.5g
Salt
2.6g
Sugar
10.6g
Protein



Christmas pie

By The Vegetarian Society (www.vegsoc.org)

SF DF EF MF V

Serves 6-8 | Prep 20-30 mins | Cook 1 hr 15 mins | Calories 446 (per serving)

FOR THE FILLING

2 onions, peeled, finely chopped
130g (4½oz) leeks, finely chopped
1 tbsp olive oil
2 garlic cloves, peeled, crushed
225g (8oz) mushrooms, sliced
25g (1oz) dried cranberries
340g (11½oz) tinned butter beans, chopped
250g (9oz) tinned cooked chestnuts, sliced
50g (1½oz) hazelnuts, chopped
2 tsp fresh thyme, chopped
1 tsp English mustard
salt and freshly ground black pepper, to taste
1 tbsp cranberry sauce

FOR THE HOT WATER CRUST PASTRY

150ml (5½oz) water
115g (4oz) vegetable suet
330g (11oz) plain white flour
½ tsp salt

- Gently fry the onions and leeks in the oil for 5 minutes.
- Add the garlic, 150g (5½oz) mushrooms, the cranberries, butter beans, chestnuts, hazelnuts, thyme and mustard. Continue to cook for 10 minutes – the mixture should be fairly dry. Season with salt and pepper; then add the remaining mushrooms and remove from the heat.
- Preheat the oven to 180°C/Gas Mark 4.
- Heat the water in a saucepan. When boiled, add the suet and stir vigorously. Remove from the heat.
- Place the flour into a large bowl and stir in the salt. Add the water and suet mixture.
- Carefully gather the mixture into a ball, turn onto a work surface and knead the pastry for 5 minutes.
- Lightly grease a 20cm (8in) loose-bottomed deep pie dish.
- Take three-quarters of the pastry and roll it out. You should not need to dust your work surface with flour. Carefully line your pie dish.
- Spread the cranberry sauce over the pastry base and add your pie filling. Fold excess pastry over towards the centre of the pie. Trim excess pastry, leaving a lip of 3cm.
- Roll out the remaining pastry to make a lid. Place it on the top of your pie, trim the excess pastry, then pinch the two layers of pastry together to seal in the filling. Brush the top with a little soya milk and place in the oven for 1 hour, or until the pastry is golden brown.
- Carefully release the catch on the pie dish and lift onto a serving dish.

16g
Total fat
0.8g
Saturates
0.2g
Salt
3.5g
Sugar
10.5g
Protein



Beetroot and pomegranate soup

By The Vegetarian Society (www.vegsoc.org)

GF DF EF MF V

Serves 4 | Prep 10 mins plus chilling | Cook 25 mins | Calories 192 (per serving)

1 tbsp light olive oil

75g (2½oz) onion, finely chopped

175g (6oz) carrots, thinly sliced

150g (5½oz) parsnips, thinly sliced

½ tsp ground coriander

800ml (28fl oz) gluten-free vegetable stock

350g (12oz) cooked beetroot (not in vinegar), sliced

4 tsp fresh dill, chopped

1 pomegranate

TO GARNISH

4 tbsp soya yoghurt

2 tbsp walnut pieces (optional)

1 Heat the oil in a large saucepan and sweat the onion, carrot and parsnip for 5 minutes until starting to soften. Add the coriander and cook for a further 2 minutes.

2 Add the stock and beetroot. Bring to the boil, then simmer for 20 minutes, adding 2 tsp dill for the last 2-3 minutes.

3 Cut the pomegranate in half and extract the juice using a lemon squeezer. Blend the soup and add the juice to taste (up to 4 tbsp).

4 Garnish with yoghurt, walnut pieces and the remaining dill. Serve with gluten-free bread.

Rose Elliot's pine nut and carrot roast

By The Vegetarian Society (www.vegsoc.org)

GF SF DF MF

Serves 6 | Prep 20 mins |

Cook 40 mins | Calories 329 (per serving)

25g (1oz) butter

1 onion, peeled, finely chopped

225g (8oz) carrots, peeled, finely grated

2 celery sticks, finely chopped

225g (8oz) pine nuts, chopped

2 tbsp chopped parsley

a squeeze of lemon juice

2 free-range eggs

sea salt and freshly ground black pepper, to taste

grated nutmeg, to taste

1 Preheat the oven to 180°C/Gas Mark 4. Grease and line a 500g (1lb 1oz) loaf tin.

2 Melt the butter in a large pan and fry the onion, without browning, for 5 minutes, then add the carrot and celery and cook uncovered for 10 minutes.

3 Remove from the heat and add the pine nuts, parsley, lemon juice and eggs.

4 Season well with salt, pepper and nutmeg.

5 Pour into the tin and bake for 40 minutes until golden brown and firm in the centre.

6 To serve, turn the roast out onto a plate and slice thickly. Serve with roast potatoes, sprouts, carrots and all the trimmings for a classic vegetarian Christmas feast that will be a hit year after year.

6.9g
Total fat
0.8g
Saturates
0.7g
Salt
17.6g
Sugar
5.3g
Protein

30.6g
Total fat
4.4g
Saturates
0.1g
Salt
4.2g
Sugar
7.7g
Protein



Savoury savoy parcel

By The Vegetarian Society (www.vegsoc.org) **SF DF EF MF V**

Serves 6 | Prep 25 mins | Cook 30 mins | Calories 139 (per serving)

10 large green cabbage leaves

1 tbsp olive oil

100g (3½oz) leeks, the green part, trimmed and finely chopped

1 garlic clove, peeled, finely chopped

200g (7oz) carrots, peeled and grated

100g (3½oz) parsnips, peeled and grated

50g (1¾oz) orzo, cooked according to the packet instructions, or cooked rice

a little water

1 slice of seeded bread, made into breadcrumbs

1 tsp sesame seeds

2 tbsp ground almonds

225g (8oz) plain tofu, pressed and crumbled

1 tbsp rose harissa paste

salt and freshly ground black pepper, to taste

1 Preheat the oven to 180°C/Gas Mark 4. Wash the cabbage leaves, cut out the central veins and discard. Steam for 5 minutes until quite soft.

2 Grease a 20cm (8in) deep oven dish. Line the dish with the cabbage so the outside of the leaves are facing down, leaving plenty of overhang as this will be used to cover the top.

3 Sauté the leeks in a little oil until soft, then add the garlic and sauté for further 3 minutes.

4 Add the carrots, parsnips and a little water. Cover the pan and sweat until soft, stirring occasionally.

5 Add the cooked orzo or rice and mix well. Allow to cool.

6 Add the breadcrumbs, sesame seeds and ground almonds. Season to taste. Mix well.

7 In a separate bowl, mix together the crumbled tofu with the rose harissa paste.

8 To assemble, take half of the carrot and parsnip mixture and place into the cabbage-lined dish. Top with the tofu mixture, followed by the remaining carrot and parsnip filling. Press down well. Fold the cabbage leaves over to cover the top. Cover the dish with tin foil and bake in the oven for 30 minutes.

9 To remove the parcel from the dish, place a plate over the top and turn upside down. Brush the top with a little olive oil. Allow to cool a little before serving.

5.5g Total fat	0.8g Saturates	0.1g Salt	4.7g Sugar	5.8g Protein
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Smoky leek and hazelnut tart

By The Vegetarian Society (www.vegsoc.org) SF DF EF MF V

Serves 6-8 | Prep 30 mins | Cook 1 hr | Calories 543 (per serving)

FOR THE TART

500g (1lb 1oz) ready-made vegan shortcrust pastry
4 leeks, trimmed, thinly sliced
20ml (4oz) olive oil
3 garlic cloves, peeled, crushed
4 spring onions, thinly sliced
1 onion, peeled, finely sliced
2 tsp plain white flour
300ml (10fl oz) soya milk
½ tsp vegan stock powder
a small pinch of clove powder
150g (5½oz) Vegusto No-Moo Piquant vegan cheese, plus 30g (1oz) cranberries, broken into little pieces

I tbsp harissa paste

100g (3½oz) tinned roasted peppers, sliced

I tbsp cranberry sauce

100g (3½oz) hazelnuts, roasted, chopped

¼ tsp smoked paprika

salt and freshly ground black pepper, to taste

TO GARNISH

1 tsp fresh parsley, roughly chopped

¼ red pepper, finely chopped

¼ tsp smoked paprika

- Preheat the oven to 180°C/Gas Mark 4. Line a greased 28cm (11in) round, loose-bottomed flan dish with greaseproof paper. Roll out the pastry and use it to line the dish. Trim the excess pastry. Prick the pastry.
- Cover the pastry with parchment paper, then add baking beans. Blind bake for 25 minutes. Remove the beans and paper, then bake for another 10 minutes. Leave to cool.
- While the pastry is cooking, gently sauté the leeks in 10g (½oz) olive oil. After 5 minutes, add the garlic and spring onions and fry for 1 more minute. Season with salt and pepper, then set aside.
- For the cheese sauce, gently fry the onion in the remaining oil for 10 minutes. Sprinkle on the flour and continue to stir for 2 minutes. Slowly add the soya milk, a little at a time. The sauce should get thicker as the milk is heated. Add the stock powder and a pinch of clove powder. Cook gently for 5 minutes. Remove from the heat and add 100g (3½oz) Vegusto and dried cranberries. Once the cheese has melted, fold into the cooked leeks. Season as required, then set to one side.
- Spread the harissa paste onto the pastry base, then add the peppers and cranberry sauce. Top with one-third of the nuts. Carefully add the leek mixture to the pastry case, then top with the remaining Vegusto. Bake in the oven for a further 10 minutes.

- Mix the remaining nuts with a little paprika, then season. Remove the tart from the oven, scatter the mixture over the top, then bake for another 5 minutes. Garnish with parsley, red pepper and paprika.

33.4g
Total fat
2.5g
Saturates
0.2g
Salt
5.1g
Sugar
9.6g
Protein

Alternatives to sugar

Nutritional therapist Dr Eva Detko looks into the pros and cons of using common sugar alternatives to sweeten up your baking...



Nutritional therapist Dr Eva Detko is the author of two gluten, dairy and refined sugar-free cookbooks. Find out more at www.dr-eva.com

WHEN THINKING ABOUT substituting sugar in a recipe, it is important to remember that, apart from sweetness, sugar also provides structure, texture and flavour to baked goods. Therefore, replacing sugar in recipes can be a bit of a balancing act.

Fruit and vegetables

Naturally sweet ingredients such as fruits (e.g. apricots, bananas, dates, raisins, figs etc.) and grated sweet vegetables (carrots, parsnips, beetroot etc.) work well in baked goods. Using fruit or vegetables adds moisture and flavour to the recipe, as well as fibre and other valuable nutrients. You can either add them whole, grated, as a purée, chunks, paste (dried fruit can be made into paste by blending with a bit of water), or juice. Sugar-free jams are also a good alternative. Naturally, when using juice, you will need to reduce the amount of the other wet ingredients in the recipe.

Stevia

Stevia is a plant that is native to South America, where it has been used for hundreds of years. Stevia contains no calories. Stevia products vary in potency and taste. You may want to try a few different brands to find one that works for you. It is recommended to source a pure stevia extract, as many stevia-based products contain cheap fillers or additives that you may not want to ingest. The actual stevia content of those products is usually quite low.

It's worth noting that stevia may have a lowering effect on blood sugar. Additional considerations when using stevia include allergy to sunflower and aster plant family (Asteraceae), and medications containing lithium. Check with your GP if you are unsure if stevia is the right substitute for you.

Stevia works well in both baked as well as non-baked recipes, such as

custards, smoothies and chocolate. With most pure stevia extracts, one serving is an equivalent of 1 level teaspoon of sugar (5 grams). This means that if a recipe calls for 100 grams of sugar, you will need to replace it with 20 servings of stevia. Stevia is much sweeter than sugar, so one serving is a very small amount. Therefore, the volume of your recipe will be affected. You may have to add an additional dry ingredient (e.g. ground nuts, coconut, dried fruit) to obtain the right volume and texture. Alternatively, try baking the recipe in a slightly smaller pan. I find that in baked goods stevia works best when mixed with a small amount of another substitute, such as raw honey or coconut sugar, but it can easily be used on its own when making chocolate.

Honey

Firstly, if you are going to use honey to replace sugar, I would encourage you to source unpasteurised (raw) honey from a reputable source. Raw honey contains a number of nutrients and is also known for its immune-modulating properties. If you use the processed, cheap honey, you may as well be using refined sugar. Whether raw or not, honey has a high carbohydrate and calorie content. The fructose content of honey is 40% and since fructose is considered the most damaging form of sugar to the human body, honey should be used in moderation.

Honey works well in moist, dense bakes (flapjacks, sticky cakes, muffins), as well as quick breads, puddings, and

ice creams. Honey is 25-50% sweeter than sugar so you will need to use less of it. You will need to reduce the amount of liquid in the recipe (by about 20%) and the baking temperature to

prevent your bakes from browning too quickly. You may also want to add a bit of bicarbonate of soda to counteract the acidity of the honey and help the rise. Honey is not suitable for using in recipes that require creaming.

Fructose is considered the most damaging form of sugar to the human body...

Agave syrup

Agave syrup is a sweetener made from the agave cactus. Agave syrup is sweeter than sugar and tends to be quite processed. If you want a slightly less refined version, go for raw agave syrup. However, bear in mind that whether raw or not agave syrup is high in fructose (60%-90% depending on the way it is processed). This is comparable to high-fructose corn syrup, which is not good news.

In the same way as honey, agave syrup works well in dense, sticky bakes. You need to reduce the amount you use by approximately 30-40% when replacing sugar in a recipe. Again, you will need to slightly reduce the amount of liquid in the recipe as well as the oven temperature, and add some bicarbonate of soda.

Maple syrup

Maple syrup is made from the sap of maple trees. It does contain some nutrients, but you must ensure you buy the real thing and not maple-flavoured syrup. Maple syrup is slightly lower in calories and carbohydrates than

honey, but it still contains about 70 grams of sugar per 100 grams. As ever, moderation is key.

Maple syrup is sweeter than refined sugar so less is needed when substituting sugar in recipes. The taste of maple syrup varies depending on the grade. Darker grades are considered better for baking. As with honey and agave syrup, the amount of liquid and oven temperature needs to be reduced, and a bit of bicarbonate of soda may be required.

Brown rice syrup

Brown rice syrup is made from brown rice subjected to an enzymatic reaction. Be aware that some brands may contain added barley malt or corn syrup.

Brown rice syrup has a mild taste. Unfortunately, it contains more calories than refined sugar and it is not as sweet as sugar, honey or maple syrup. This means that it needs to be substituted using 1:1 ratio, which makes the final product higher in calories and sugar. Additionally, there have been some concerns about levels of arsenic in brown rice products.

Brown rice syrup can be used in the same way as honey, maple or agave syrup. The only difference is that you will need to add more of it.

Molasses

Cane molasses is a by-product of the refining of sugar cane. Molasses contains some nutrients, but the calorie and sugar content of molasses is only slightly lower than that of honey. As molasses is not as sweet as refined sugar, you will need to use more when substituting sugar in a recipe.

Molasses has an intense flavour, which some people can find overpowering. It is recommended to mix molasses with other sweetening agents (e.g. honey or maple syrup), otherwise the extent to which the taste is altered may not be desirable. Molasses works well in spiced breads, cakes and biscuits. Due to its high acidity, it is recommended to add some bicarbonate of soda. The liquid in the recipe should be reduced.

Coconut palm sugar

Made from the sap of coconut flowers, this sugar can be sourced in block, paste or granulated form. In terms of its nutritional merits, coconut palm sugar is hardly a superfood, but it does contain some vitamins, minerals and phytonutrients that are not present in table sugar. The overall carbohydrate and calorie content of coconut palm sugar is comparable to refined sugar. Coconut palm sugar is 35-45% fructose.



Coconut palm sugar (such as Coeconom (www.coeconom.com)) has a caramel-like, deep taste and softer texture than refined sugar, resulting in denser pastries. It can be used for cookies, shortbreads, cakes, candies and frostings. Adding extra fat (e.g. oil, ground nuts) or moist ingredients (e.g. puréed fruit) will compensate for its dryness. When making sweets, it is important to remember that the burning point of coconut palm sugar is about 10 degrees lower than that of white sugar.

Xylitol

Xylitol is a sugar alcohol. Xylitol is naturally occurring in low concentrations in the fibres of many fruits and vegetables, but the process of extracting it involves the use of different man-made chemicals. One gram of xylitol contains 2.4 kilocalories (kcal), which is less than one gram of sugar (3.87 kcal). The ingestion of xylitol causes less of an increase in plasma glucose and insulin concentrations compared to the ingestion of glucose.

Xylitol can have a laxative effect and too much xylitol can cause bloating and cramping. The best approach is to assess your own tolerance to xylitol.

Some people choose a ratio of 1:1 when substituting sugar for xylitol. Depending on a recipe this could potentially mean a lot of xylitol, so a more prudent approach could be to mix it with another substitute, e.g. coconut sugar or honey. It is important

to bear in mind that xylitol on its own will not work well in recipes requiring yeast. It also tends to require a greater amount of a binding agent when baking biscuits. Cakes sweetened with xylitol do not colour very much (xylitol does not caramelise) but this should not be a problem for darker cakes, e.g. those containing cocoa, coffee, or spices such as cloves and cinnamon.

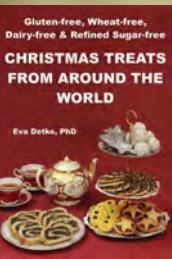
Other sugar alcohols

Erythritol contains almost no calories. In large doses erythritol can cause diarrhea, headaches, stomach aches, gas and bloating. It has been used as an insecticide. Erythritol is not as sweet as sugar (60-70% as sweet as table sugar). Erythritol can be used in cakes and biscuits, but it will produce more compact dough and softer products.

Sorbitol provides dietary energy at 2.6 kcal per gram and is less sweet than sugar (60% as sweet as table sugar). Similarly to other sugar alcohols, sorbitol can cause gastrointestinal distress when ingested in greater quantities. Sorbitol can be used in baked goods and confectionery products, but as other sugar alcohols it does not caramelise.

Maltitol has 75-90% of the sweetness of table sugar and nearly identical properties, except for browning and its laxative effect. Its food energy value is 2.1 kcal per gram.

Turn over for a delicious selection of sugar-free recipes



The marzipan torte and the pecan pie on page 75 are taken from *Gluten-free, Wheat-free, Dairy-free & Refined Sugar-free Christmas Treats from Around the World* by Dr Eva Detko, available from Amazon. (RRP £9.78).

Marzipan torte

By Dr Eva Detko

GF SF DF

Serves 10 | Prep 25 mins plus chilling | Cook 20 mins | Calories 368 (per serving)

FOR THE CAKE

200g (7oz) ground almonds
50g (2oz) gluten-free self-raising flour
4 free-range eggs
40g (1½oz) almond flakes
100ml (3½fl oz) unsweetened rice milk
25ml (1fl oz) coconut oil, melted
1 tbsp runny honey
3 tbsp almond extract

40 servings of stevia

a pinch of salt

FOR THE FILLING

400ml (14½fl oz) coconut cream
500g (18oz) cherries
2 portions of gelatine (each for 570ml (19fl oz) liquid); a vegetarian substitute can be used
juice of ½ a lemon
25 servings of stevia
100ml (3½fl oz) hot water



Pecan & vanilla pie

By Dr Eva Detko

GF SF DF MF

Serves 10 | Prep 20 mins plus chilling | Cook 55-60 mins | Calories 376 (per serving)

FOR THE PASTRY

200g (7oz) gluten-free self-raising flour
1 free-range egg
2 tbsp coconut oil
2 tbsp almond oil
1 tbsp runny honey
¼ tsp sea salt
30 servings of stevia
2-3 tbsp water

FOR THE FILLING

200g (7oz) pecan nuts (ground)
4 free-range eggs
150ml (5½fl oz) coconut cream
30ml (1fl oz) coconut oil
4 tbsp vanilla extract
2 tbsp runny honey
30 stevia servings
TO DECORATE
50g (2oz) pecan nuts, halved

- Dissolve one portion of gelatine in 50ml (1¾fl oz) hot water; mix with the coconut cream and 15 servings of stevia, then refrigerate for 1 hour (stir occasionally).
- Blend 300g (10½oz) cherries, mix in the second portion of gelatine (diluted), the lemon juice, 10 servings of stevia and the rest of the cherries. Refrigerate for 1 hour.
- Preheat the oven to 190°C/Gas Mark 5.
- For the cake, combine the ground almonds, flour, eggs, rice milk, coconut oil, honey, almond extract, stevia and salt. Stir until smooth, but do not overwork the mixture. Divide the mixture into three portions.
- Cover the bottom of a round baking tin with greaseproof paper, pour in a third of the mixture, then bake for 20 minutes. Allow to cool. Repeat the process twice more. When baking the final layer, sprinkle the almond flakes on top.
- Once the cake is cool, cut the layer topped with flaked almonds and one plain layer into 10 even slices (leave the bottom layer uncut).
- Put the cherry jelly onto the bottom layer and arrange the slices of the plain layer on top. Whisk the coconut milk part of the filling for 1-2 minutes and place on the second cake layer; then cover with the almond flake covered slices.

Baked doughnuts

By Isabel Gordon (www.isabelsfreefrom.co.uk)

GF SF DF MF

Makes 12 | Prep 15 mins | Cook 4 mins | Calories 94 (per doughnut)

I sachet of Isabel's Baked Donut Mix

I free-range egg
50g (1¾oz) vegetable oil
50g (1¾oz) xylitol
60ml (2fl oz) almond milk
gluten-free and sugar-free jam of your choice

- Preheat a doughnut mould, then lightly grease both sides with a heat resistant brush.
- Place the doughnut mix into a large bowl and make a well in the middle. Add the xylitol, egg and oil and mix well. Gradually mix in the milk until it forms a soft batter.
- Fill each mould with a heaped tablespoon of mixture (be careful no to overfill). Carefully close and lock the lid.
- After 4 minutes the doughnuts should be well risen and springy to touch. If not, turn them over and cook for a little longer.
- When the doughnuts are golden brown, remove using a heat resistant spatula. Inject a little jam into each doughnut and dust with xylitol. Repeat the process with the remaining batter. Fill





Rhubarb & orange custard tart

By Hermesetas (www.hermesetas.com)

SF | MF

Serves 8 | Prep 25 mins plus chilling | Cook 10 mins | Calories 168 (per serving)

FOR THE BASE

150g (5½oz) sugar-free digestive biscuits
25g (1oz) chopped hazelnuts

75g (2½oz) light spread, melted
FOR THE FILLING

300ml (10fl oz) skimmed milk
3 tbsp custard powder

- Line the base and sides of an 18cm (7in) loose-bottomed round cake tin with a double thickness of clingfilm. Blitz the biscuits, hazelnuts and spread in a food processor until very fine crumbs have formed. Spoon into the tin and press the mixture in firmly to level the surface. Chill while you prepare the custard.
- Pour a little of the milk into a jug and stir in the custard powder, orange zest and Hermesetas Granulated. Bring the remaining milk to the boil. Pour the boiled milk into the custard mixture and stir well. Return the mixture to a clean saucepan and stir over a low heat, until thickened.
- Pour the custard over the biscuit base and spread out evenly. Set aside.
- Cut the rhubarb into thin slivers, making 10–12 in total.
- Arrange on a microwave proof plate. Sprinkle with the Hermesetas and cover with a plate to form a lid. Cook in the microwave on full power for 2½ minutes.
- Remove from the microwave and cool for a few moments. Lay the rhubarb over the custard, then chill for 3 hours.
- Lift the tart out of the tin and, using scissors, trim the rhubarb to create a neat circle. Scatter with orange zest before serving.

1 tbsp grated orange zest

2 tbsp Hermesetas Granulated

FOR THE TOPPING

1 large stalk of rhubarb, trimmed and halved

2 tbsp Hermesetas Granulated

TO DECORATE

orange zest



Avocado chocolate cake

By Hermesetas (www.hermesetas.com)

GF | SF | EF | MF

Serves 6–8 | Prep 20 mins plus chilling | Cook 5 mins | Calories 168 (per serving)

FOR THE BASE

125g (4½oz) almonds
25g (1oz) pistachios, chopped

100g (3½oz) dates
1 tsp cocoa powder

2 tsp butter, melted
FOR THE TOPPING

2 avocados
100g (3½fl oz) coconut oil

1 Line the base and sides of an 18cm (7in) loose-bottomed round cake tin with a double thickness of clingfilm. Blitz the almonds, pistachios, dates and cocoa powder in a food processor until smooth. Spoon into the tin and press the mixture in firmly to level the surface. Chill while you prepare the topping.

2 Place all the topping ingredients into a food processor and process until very smooth. 3 Spoon the avocado mixture over the base and chill in the fridge for 3 hours. Remove from the fridge and place on a serving plate.

4 Decorate with a scattering of nuts and a sprig of berries.

15 tbsp Hermesetas

1 tsp vanilla extract

40g (1½oz) cocoa powder

2 tbsp Tia Maria

¼ tsp salt

TO DECORATE

pistachio nuts and/or walnuts, almond flakes

a sprig of redcurrants (optional)

Banana peanut butter muffins

By Coconom (www.coconom.com)

GF | SF | DF | MF

Makes 12 | Prep 20 mins | Cook 20 mins | Calories 236 (per muffin)

4 overripe bananas, peeled, mashed

4 free-range eggs

160g (5½oz) sugar-free peanut butter

2½ tbsp coconut oil, melted

70g (2½oz) Coconom Coconut Sugar

50g (1¾oz) plus 1 tbsp coconut flour

2 tbsp vanilla protein powder

2 tsp cinnamon

1 tsp gluten-free baking powder

1 tsp bicarbonate of soda

30g (1oz) walnuts, finely chopped

1 Preheat the oven to 170°C/Gas Mark 3. Line a 12-hole muffin tin with paper cases. Blitz the bananas, eggs, peanut butter, coconut oil and coconut sugar until smooth.

2 In a separate bowl, stir together the flour, protein powder, cinnamon, baking powder and bicarbonate of soda. Mix the wet ingredients and the dry together until just combined, then fold in the nuts.

3 Pour the mixture into the paper cases, then bake for 20 minutes, or until a skewer inserted into the centre of a muffin comes out clean. Serve slightly warm with butter, coconut oil or homemade chocolate spread.

15g Total fat
6g Saturates
0.3g Salt
7.8g Sugar
8.4g Protein

8g Total fat
1g Saturates
0.1g Salt
7.2g Sugar
4.8g Protein

8.3g Total fat
1.4g Saturates
0.01g Salt
8.2g Sugar
4.4g Protein



Triple chocolate flourless brownies

By Coconom (www.coconom.com)

GF SF DF MF

Makes 14-16 | Prep 20 mins | Cook 20 mins | Calories 175 (per brownie)

175g (6oz) sugar-free chocolate chips
115ml (4fl oz) coconut oil
4 free-range eggs

150g (5½oz) Coconom Coconut Sugar
50g (1¾oz) unsweetened cocoa powder
75g (2¾oz) almond flour
½ tsp salt
2 tsp vanilla extract
90g (3oz) sugar-free white chocolate drops (optional)

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Melt the chocolate chips and coconut oil over a low heat. Meanwhile, whisk the eggs and sugar together.
- 3 Once the chocolate and butter has melted, slowly add it to the bowl of whisked eggs and sugar. Stir in the almond flour, cocoa powder, salt and vanilla.
- 4 Pour the batter into a baking dish lined with parchment paper and sprinkle white chocolate drops on top, if desired.
- 5 Bake in the oven for 20 minutes.
- 6 Let the brownies cool completely before cutting into squares, then enjoy.



Pear and raspberry crumble

By Coconom (www.coconom.com)

GF SF EF MF

Serves 8-10 | Prep 20 mins | Cook 30-35 mins | Calories 244 (per serving)

FOR THE FILLING

850g (1lb 12oz) pears, peeled, cored, thinly sliced
grated zest of 1 lemon
1-2 tbsp water
125g (4½oz) raspberries

FOR THE CRUMBLE

75g (2¾oz) almond flour
115g (4oz) gluten-free plain flour

80g (2¾oz) butter, diced

75g (2¾oz) Coconom Coconut Sugar

75g (2¾oz) desiccated coconut

a pinch of sea salt

a pinch of cinnamon

2 large free-range eggs

150g (5½oz) tinned pumpkin

75g (2¾oz) Coconom Coconut Sugar

1 tsp vanilla extract

2 tbsp coconut oil

125g (4½oz) wholegrain spelt flour

1 tsp gluten-free baking powder

½ tsp bicarbonate of soda

2 tsp of chai spice blend

walnuts or pecans, for topping

1 Preheat the oven to 180°C/Gas Mark 4.

2 Line a 12-hole muffin tin with paper cases.

3 Combine the eggs, pumpkin, coconut sugar and vanilla in a bowl.

4 Warm the coconut oil in a microwave until it becomes liquid. Mix into the other wet ingredients.

5 Add the flour, baking powder, bicarbonate of soda and spices to the wet ingredients, mixing well.

6 Divide the mixture between the paper cases, filling them three-quarters full. Scatter the nuts over the top.

7 Bake in the oven for 20 minutes, until a skewer inserted into the centre of a muffin comes out clean.

11.7g
 Total fat

7.5g
 Saturates

0.1g
 Salt

7.4g
 Sugar

2.7g
 Protein

12.8g
 Total fat

8.6g
 Saturates

0.1g
 Salt

17.3g
 Sugar

2.2g
 Protein

2.2g
 Total fat

1.4g
 Saturates

0.01g
 Salt

6.8g
 Sugar

2.5g
 Protein

Free-from advice

Ask the experts

Do you need help with your free-from cooking, or do you have a nutritional query? Email your question to nick.gregory@anthem-publishing.com

Q How do I avoid piling on the pounds at Christmas?

So, the party season is nearly upon us. With it, there will be many opportunities to enjoy yourself and indulge in all your favourite treats. This does not need to mean you steer off the rails and promptly transform yourself into a couch potato! Just the opposite – you can enjoy all your favourite foods while still feeling and looking good.

We can have a tendency at this time of year to party too hard, staying out late, consuming too much alcohol and returning home ravenous and ready to raid the cupboards and fridge.

If you do enjoy the odd tipple, make sure you pace yourself and drink on a full stomach, following wise food choices. Stock up your fridge and freezer with wholesome, delicious meals to have on hand at a moment's notice.

As always, I am here to share some tips and tricks on how to do as little damage to your waistline as possible!

1 If you know that you're going to a party, don't arrive starving. There's bound to be food on offer that tempts your taste buds at every turn, so make sure you eat something healthy beforehand. Chances are there probably won't be a lot of salad-type ingredients available, so make yourself a quick, easy chicken/salmon salad to top your system up first.

2 If you're not drinking alcohol at the moment, then refusing a drink won't be a problem for you. If you do choose to drink however, make sure you drink water in between alcoholic drinks. If you're out at a restaurant, ask the waiter to provide a jug of water for the table, and ask them to fill it up and drink from it regularly. Don't even be tempted with the coffee at the end of the night – unless you want to be awake for hours afterwards!

3 If your 'do' is a buffet-style, then my suggestion would be to fill up your plate and move away from the table. Choose enough so that you eat once and feel comfortably full. Goal: collect plate, select foods and promptly do an about turn!

4 This one's simple – whatever you do, don't touch the bread basket. I often go out with friends who peck away at the bread basket before our starter/main course. Guess who finishes their dinner feeling satisfied but not bloated? Me! I don't eat bread as a general rule anyway, but if you simply say 'no' when bread is offered to you, you won't be tempted to eat it. People look at me strangely when I say 'I don't eat bread', but then when I follow that up with 'it bloats my stomach, sits there for hours and I don't enjoy eating anything afterwards', their faces soon change. Be bold and confident with your food choices.

5 When you're eating from a buffet or choosing from a set menu, run your eyes over everything on offer and choose dishes/plates that have the highest content of protein in them. Order lean protein dishes (ask for the sauce/gravy on the side for example) and go all out on salads, veggies and feel free to pick on the olives beforehand if they're on offer (but not the bread!).

And there you have it! I hope that's given you a few pointers in the right direction.

OUR EXPERTS



Lisa Roukin

CHEF, TEACHER AND WRITER

Lisa is a chef, teacher and writer, her main focus is developing gluten- and wheat-free recipes. She runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsey's *The F Word*. She is also a blogger for the Huffington Post and provides gluten-free recipes to Ocado. www.myrelationshipwithfood.com



Kirsty Henshaw

is founder of award-winning gluten-, wheat- and dairy-free chilled ready meals, Kirsty's. There are

seven meals in the range, from family classics like Lasagne to Tikka Masala. A mum whose business emerged from her son having food allergies, Kirsty's vision is not just to sell nutritious and allergen-free foods, but also to help people understand how nutrition and healthy living can have a direct impact on how we feel mentally and physically. www.kirstys.co.uk



Ali Walsh

Ali Walsh was diagnosed with coeliac disease nearly 20 years ago, at a time when free-from food was scarce.

She started her own cake business because there was a lack of fresh gluten-free cake on offer. Ali feels if you can't eat a particular food, you shouldn't feel deprived, and has created recipes so delectable that even people without dietary requirements clamour for her bakes. A regular on BBC radio, Ali often advises on managing diets. www.thebristolbakehouse.com



Charleh Dickinson

Charleh, 21, is the director of Designed2Eat and a Sheffield Hallam Food student. Designed2Eat

is the UK's first paleo snack cake company, free-from dairy, grains, and soy, with only naturally occurring sugars. Charleh is a former elite British athlete who had many allergies. She wanted something sweet and nutritious that was easy to carry while travelling and, from that desire, so Designed2Eat was born. www.designed2eat.co.uk

Enjoy the festive celebrations, and don't forget if you need present ideas, *My Relationship with Food* is the perfect gift!
LISA ROUKIN

Q I see xanthan gum in many gluten-free recipes – what does it actually do?

Xanthan gum is a versatile gluten-free ingredient. It's used in baking to replace and replicate the stretchy and structural characteristics of gluten, giving elasticity back to the dough. It's also used as a thickener, e.g. for salad dressings and sauces. It can also be found in a lot of low fat and reduced fat products as it gives them a creamier texture without the added fat. I use it in my award-winning 'beef lasagne with a rich bolognese sauce' for this very reason.

It's important to follow recipes including xanthan gum very carefully. If you use too much of it, your mixture can turn very heavy, gummy and even slimy!

The downside of xanthan gum is that it can be quite expensive. You can achieve similar results with guar gum, which is a little bit cheaper.

KIRSTY HENSHAW

Q We are trying to get ourselves off sugar. What is the best way to ease into a sugar-free diet?

My first question would be to ask why you want to cut sugar out of your diet. There is no doubt that having a high sugar consumption is inadvisable, but cutting out sugar altogether poses lifestyle problems (and if you already have to cut out a food group for medical necessity then you'll know what I'm talking about). It may also lead to side effects (admittedly, usually temporary) such as severe headaches. Also, just because you cut out sugar doesn't mean you won't be eating sugars of a different kind (fruit has a high sugar content, for example).

The NHS recommends reducing the amount of sugar in your diet, particularly as it can be hidden in many foods you might not expect (such as pasta sauce). There's also a good argument for reducing the number of convenience foods you eat, and trying to make as many of your main meals from scratch. When it comes to savoury foods, it's pretty easy to stay away from adding sugar if you're making your own.

But most of us want to satisfy a sweet tooth and if you're trying to cut down on sugar then it's good to know there are alternatives out there. You can sweeten an apple purée with orange juice, for example, or use natural sugar alternatives such as agave syrup to replace the sugar on your morning cereal. For a range of recipes, Davina McCall has written a bestseller called '5 weeks to



sugar-free'. The majority of reviews are favourable, but there is a backlash from people arguing that honey, dried fruit and maple syrup are still sugars (although not white refined sugar, which is the current media bad-boy).

My advice to you would be to start with two sugar-free days a week and build from there. But I wouldn't cut out sugar altogether, unless your doctor's advised it; it's important in life to achieve a good balance, and sometimes that means adding sugar.

ALI WALSH

Q Can eating paleo give you all the nutrients you need for a balanced diet?

I struggle with malabsorption because of autoimmune conditions, so paleo is great for me to maximise my nutrient intake and keep a balanced diet. Paleo provides me with all my macro and micro-nutrient intakes to support my busy lifestyle. I have plenty of energy mainly because there are very little

nutrient inhibitors or inflammatory foods – and instead are nutrient dense. Finding a balanced diet does depend on the person. Everybody is genetically different, living different lives and with access to different quality foods.

For instance, I live in the North, so I think the only thing I would be lacking is vitamin D and that's just from the lack of sun! However, I take vitamin D, fish oil and probiotics supplements as they are tailored to my body's needs, even though I do eat a lot of eggs, sardines, spinach and bananas!

On paleo, I think it's easier to get a balanced diet because you can work out how much you need by the size of your hand. This is a simple guideline to use: A palm-sized portion of protein such as chicken or fish, a fist-sized portion of starchy carbs such as sweet potato or beetroot, a two hand-sized portion of green vegetables or a thumb-sized portion of fat such as avocado or nuts.

CHARLEH DICKINSON

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Christmas 'cheesecake'

By Ugg Foods (www.uggfoods.com)

GF DF EF V

Serves **6-8** | Prep **20 mins** |
Cook **none** | Calories **488** (per serving)

FOR THE BASE

75g (2½oz) cacao butter, melted
½ packet of Ugg Fruit & Seed Loaf Mix

FOR THE TOPPING

75g (2½oz) cacao butter, melted
250g (9oz) cashew nuts, soaked in cold water for 4 hours
100g (3½oz) raisins
100g (3½oz) apricots, roughly chopped
6 dried figs, roughly chopped
2 tbsp rum
2 tbsp Sweet Freedom liquid chocolate
1 tsp mixed spice
250g (9oz) Coyo natural coconut yoghurt

- 1 Mix the cacao butter with the Ugg Fruit and Seed Mix.
- 2 Press into a loose-bottomed 20cm (8in) cake tin lined with baking parchment. Compress with a flat-bottomed tumbler or large spoon.
- 3 Blend the cashews in a food processor until smooth. Spoon into a bowl and mix in all the remaining ingredients. Spread the mixture over the base and refrigerate until set.



Banana, clementine and chocolate meringue pots

By Cotswold Handmade Meringues (www.meringues.co.uk)

GF

Makes **6** | Prep **10 mins** |
Cook **none** | Calories **307** (per serving)

1 packet of Chocolate Cotswold Handmade Meringues

250g (9oz) ready made custard
250g (9oz) 3% fat Greek style yoghurt
3 ripe bananas, peeled and sliced
3 clementines, peeled and segmented

1 Combine the custard and yoghurt in a bowl. Break the meringues into bite-sized pieces and evenly layer up into each pot the custard mixture, meringues and fruit. Serve immediately.

33.3g
Total fat
14.9g
Saturates
0.01g
Salt
17.8g
Sugar
9g
Protein

5.1g
Total fat
1.1g
Saturates
0.1g
Salt
16.5g
Sugar
11.8g
Protein



Mini strawberry and vanilla cheesecakes

By Nicola Graimes **GF DF**

Serves 4-6 | Prep 20 mins plus chilling | Cook 30 mins | Calories 296 (per serving)

40g (1½oz) dairy-free spread

65g (2½oz) gluten-free and dairy-free digestive biscuits, crushed

15g (½oz) ground almonds

250g (9oz) strawberries, hulled and halved

2 tsp icing sugar

FOR THE FILLING

125ml (4fl oz) dairy-free yoghurt, preferably unsweetened

175g (6oz) dairy-free cream cheese

2 tbsp dairy-free cream

2 free-range egg yolks, beaten

2 tbsp maple syrup or honey

1 tsp vanilla extract

juice of ½ a lemon

1½ tsp cornflour

1 Preheat the oven to 180°C/Gas Mark 4. Line four 250ml (9fl oz) mini cheesecake tins with baking paper. Alternatively line six holes of a muffin tin with baking paper by cutting two strips and pressing them into the muffin holes, laying one perpendicular to the other to form a cross shape.

2 Melt the spread in a small saucepan, then stir in the crushed biscuits and ground almonds. Divide the mixture evenly among the cheesecake tins and press down to make firm, even bases. Bake in the oven for 10 minutes until just crisp.

3 Meanwhile, beat together all the filling ingredients in a bowl until smooth and creamy. Spoon the mixture over the biscuit bases and level the tops, then return to the oven for a further 17-20 minutes, or until firm and just set. Leave to cool in the tins, then chill for at least 30 minutes.

4 Place the strawberries in a bowl and sprinkle over the icing sugar. Stir together, then leave until the juices start to run.

5 When ready to serve, carefully remove the cheesecakes from the tins onto serving plates. Spoon the strawberries and any juice on top of the cheesecakes.

Recipe taken from
Dairy-free Food for Kids by Nicola Graimes, published by Hamlyn.
(RRP £12.99).



17.3g
Total fat
5.4g
Saturates
0.2g
Salt
9.2g
Sugar
4.6g
Protein



Raw chocolate mousse cake

By Lisa Roukin (www.myrelationshipwithfood.com) **GF DF V**

Serves 12-14 | Prep 25 mins plus freezing | Cook none | Calories 295 (per serving)

FOR THE CRUST

100g (3½oz)
pistachio nuts
150g (5½oz)
blanched almonds
50g (1¾oz)
desiccated coconut
200g (7oz) soft dates
3 tsp lemon juice
a pinch of sea salt

FOR THE TOPPING

200g (7oz) gluten-free
and dairy-free
dark chocolate
160ml (5½fl oz) plus 2 tsp
coconut cream (from 2 x
400ml (14fl oz) tins of full
fat coconut milk)
3 tbsp date syrup
2 tsp gluten-free custard
powder

TO GARNISH

2 tsp coconut
cream, whipped

base and sides and place in the freezer for 20 minutes.

Remove the coconut milk tins from the fridge, turn them upside down and open the 'wrong end' up (the milk will separate from the cream in the fridge). Pass the coconut milk and cream through a sieve (you only want to use the hard part of the coconut, discard the milk for this recipe). Spoon into a food mixer or use an electric hand-held whisk. Beat for about 4-5 minutes, stopping occasionally to wipe down the side of the bowl.

4 Melt the chocolate over a water bath for 1 minute, then add the date syrup and custard powder. Leave to cool, then add the cream. Slowly fold the cream mixture into the chocolate, mix well (keeping 2 tsp of the whipped cream aside). If the chocolate gets hard and gritty when folding in the whipped coconut cream, don't panic, just place the bowl back over the water bath and stir until smooth.

5 Remove the nut base from the freezer. When the chocolate mixture is smooth, pour into the nut base. Smooth out the chocolate mixture. Drizzle 2 tsp whipped coconut cream over the top of the chocolate mousse, then, using a fork, carefully mix up the coconut cream into the chocolate to get a marble effect.

- 1 Line the base and sides of a 20cm (8in) non-stick spring-form tin with parchment paper.
- 2 Place the pistachios, almonds and coconut into a food processor and pulse until a chunky sandy consistency. Place into a clean bowl. Add the dates, lemon juice and salt to the food processor; then blend until smooth.
- 3 Add the pistachio nut mixture back into the food processor; and blend until it forms a ball. Place the nut and date mixture into the tin, press down firmly on the

21.6g
Total fat
5.5g
Saturates
0.0g
Salt
11.4g
Sugar
6.2g
Protein



Raw tiramisu

By Lisa Roukin (www.myrelationshipwithfood.com) **GF DF EF V**

Serves 16 | Prep 40 mins plus soaking | Cook none | Calories 412 (per serving)

FOR THE BASE

200g (7oz) blanched whole almonds

100g (3½oz) whole almonds (with skins)

150g (5½oz) macadamia nuts

300g (10½oz) soft medjool dates, pitted

1 tbsp coconut oil
a pinch of sea salt

FOR THE TOPPING

300g (10½oz) cashews, unsalted, soaked

2 tbsp coconut oil

2 tbsp agave nectar
120ml (4fl oz)
almond milk

1 tsp vanilla bean paste

2-3 tsp freeze-dried coffee powder

3-4 tbsp Amaretto
TO GARNISH

30g (1¼oz) cocoa powder

50g (1¾oz) gluten-free and dairy-free dark chocolate shavings

5 Press the mixture into the base of the tin, then smooth out with the back of a spoon until completely level. Place in the freezer to harden up while you make the filling.

6 Pass the cashews through a sieve and run under cold water; then drain on kitchen towel to remove any excess water.

7 For the filling, add the soaked cashew nuts to the food processor and blend for 3 minutes until smooth. Wipe down the sides, add the coconut oil and blend for a further 2 minutes. Keep wiping down the sides so all the cashews are blended.

8 In a measuring jug, add the almond milk, agave nectar, coconut oil, coffee, Amaretto and vanilla bean paste. Beat with a small hand whisk or fork so that everything is thoroughly blended.

9 Blend the cashew mixture again, slowly pouring in the milk mixture until everything is combined. Check for taste – you might need more coffee or Amaretto.

10 Remove the base from the freezer, then carefully spoon the mixture into the tin, make sure again that the filling is smooth and level. Place back in the freezer for 2-3 hours.

11 When ready to serve, remove from the freezer; sprinkle with sifted cocoa powder and garnish with chocolate shavings. Cut into slices when you're ready to serve.

- 1 Line the base and sides of a square 20x20cm (8x8in) loose-bottomed tin with parchment paper.
- 2 In a food processor, blend the almonds and macadamia nuts until roughly chopped, then pour into a mixing bowl.
- 3 Remove the stones from the dates, then place in the food processor and blend until smooth.
- 4 Add the coconut oil and a pinch of salt together with the almonds and macadamia nuts, then blend until combined (do not over blend, as you want to retain a little texture).

31.1g
Total fat

7.2g
Saturates

0.1g
Salt

18.1g
Sugar

9.1g
Protein



Coconut chocolate mousse

By Lisa Faulkner for The Groovy Food Company (www.groovyfood.co.uk) **GF DF**

Serves 4 | Prep 15 mins plus chilling | Cook 5 mins | Calories 305 (per serving)

**400ml (14fl oz) tin of coconut milk
(minimum 50% coconut)**

2 medium free-range eggs, separated

**3 tbsp The Groovy Food Company
Amber and Mild Agave Nectar**

3 tbsp cocoa powder

- 1 Place the tin of coconut milk in the fridge overnight. This helps the coconut cream solidify and separate from the coconut water.
- 2 In a bowl over a pan of simmering water, whisk the egg yolks and the agave with an electric hand whisk until it forms a thick, pale mixture that leaves a trail when you lift the beaters out. This should take about 5 minutes.
- 3 Remove from the heat and continue to whisk for a further 3-4 minutes.
- 4 Remove the coconut milk from the fridge. Open the tin and scoop the solid coconut cream from the top of the tin into a bowl. Discard the coconut water (or drink it). Mix the coconut cream with the cocoa powder; then mix into the egg and agave mixture.
- 5 In a clean bowl, whisk the egg whites until they form stiff peaks. Carefully fold them into the chocolate and coconut mixture, being careful not to knock out too much of the air. Spoon into glasses and chill for at least 1 hour before serving.

26.9g
Total fat

22.4g
Saturates

0.0g
Salt

10.5g
Sugar

5.8g
Protein

Coconut mincemeat streusel slices

By Lisa Faulkner for The Groovy Food Company (www.groovyfood.co.uk) **DF EF V**

Makes 25-30 | Prep 20 mins plus freezing | Cook 25-30 mins | Calories 185 (per slice)

FOR THE MINCEMEAT

150g (5½oz) raisins
150g (5½oz) sultanas
100g (3½oz) currants
100g (3½oz) dried cranberries
100g (3½oz) chopped mixed peel
1 large cooking apple, peeled, cored and coarsely grated
100g (3½oz) The Groovy Food Company Organic Virgin Coconut Oil
25g (1oz) dessicated coconut
125ml (4½oz) The Groovy Food Company Amber and Mild Agave Nectar
1 tsp ground mixed spice
finely grated zest of 1 lemon
100ml (3½oz) dark rum

FOR THE TOPPING

75g (2½oz) The Groovy Food Company Organic Virgin Coconut Oil
75g (2½oz) self-raising flour
40g (1½oz) semolina
2 tbsp The Groovy Food Company Rich and Dark Agave Nectar
icing sugar, for dusting

FOR THE PASTRY

200g (7oz) plain flour, plus extra for dusting
125g (4½oz) The Groovy Food Company Organic Virgin Coconut Oil, diced
2 tsp The Groovy Food Company Amber and Mild Agave Nectar
1-2 tbsp cold water

1 Put all the ingredients for the mincemeat, except the rum, in a large pan and cook over a low heat, stirring occasionally, for about 10 minutes. Remove from the heat, leave to cool, then stir in the rum. Cool completely.

2 For the topping, melt the coconut oil and allow to cool slightly. Mix the flour, semolina and agave together in a bowl. Pour over the melted coconut oil and mix until forms a soft dough. Bring together into a ball, wrap in clingfilm, then place in the freezer for 30 minutes.

3 For the pastry, put the flour in a mixing bowl and rub in the coconut oil until the mixture resembles coarse breadcrumbs. Add the agave nectar and just enough cold water to mix to a firm, but not dry dough. Shape into a disc and chill for 20 minutes.

4 Preheat the oven to 200°C/Gas Mark 6. Lightly grease a 23x33cm (9x13in) Swiss roll tin.

5 On a lightly floured surface, roll out the pastry to a rectangle slightly larger than the swiss roll tin, then use it to line the base and sides of the tin.

6 Spread the mincemeat evenly over the pastry base. Using a coarse grater, grate the topping over the mincemeat. Bake for 25-30 minutes until golden all over.

7 Remove from the oven and leave to cool a little, then slice and serve while still warm.



10.4g
Total fat

3.9g
Saturates

0g
Salt

9.7g
Sugar

1.4g
Protein



Raw no-bake boozy Christmas cheesecake

By Georgie Young (www.greensofthestoneage.com)

GF DF EF V

Serves 10-12 | Prep 30 mins plus soaking | Cook none | Calories 393 (per serving)

FOR THE BASE

100g (3½oz) macadamia nuts
75g (2½oz) almond flour
1 tsp vanilla extract
50g (1¾oz) coconut sugar
2 tbsp coconut oil
½ tsp pink salt

1 tbsp almond butter
1 tbsp coconut flour
1 tbsp maple syrup

FOR THE FILLING

115ml (4fl oz) coconut oil
50g (1¾oz) cacao butter
75g (2½oz) maple syrup
50g (1¾oz) coconut sugar
250g (9oz) cashews (soaked overnight)
1 tbsp vanilla extract
¼ tsp vanilla powder
¼ tsp ground ginger

¼ tsp ground nutmeg

½ tbsp mixed spice
¼ tsp pink salt
juice of 1½ lemons
1 courgette, peeled, cubed

FOR THE FRUIT MIX

50g (1¾oz) sultanas
50g (1¾oz) raisins
50g (1¾oz) currants
1 tbsp candied peel
juice of 1 orange
pulp and zest of ½ an orange
¼ tbsp vanilla extract
½ tsp orange extract
½ tsp almond extract
¼ tbsp mixed spice
½ tsp ground cinnamon
¼ tbsp Kirsch
25ml (1fl oz) rum

1 Combine all of the ingredients for the fruit mix in a medium-sized mixing bowl, mix thoroughly, cover with clingfilm and leave to soak overnight (or for at least 4 hours) so that your fruit soaks up all of the flavours. Make sure to stir the mixture periodically.

2 For the base, combine all the ingredients and process until a sandy texture (have a nibble – if it reminds you of biscuit crumbs it's done!).

3 Line a 23cm (9in) springform or loose-based tin with parchment paper. Pour in the base mixture and press it in until evenly distributed. Place in the freezer.

4 For the spiced cheesecake filling, place the coconut oil, cacao butter, maple syrup and coconut sugar over a bain-marie for 10-15 minutes until fully melted.

5 Meanwhile, place the rest of the ingredients into the food processor, except for the courgette, and process until smooth.

6 Remove the cacao butter mix from the bain-marie and combine with the rest of the cheesecake filling. Process until smooth. Add in your peeled and cubed courgette. Blend until smooth and fluffy. Stir in all of the soaked fruit mix until evenly distributed.

7 Remove the base from the freezer and pour in all of your filling, spreading evenly with a spatula.

8 Place your cheesecake into the freezer until set. Slice, serve, then enjoy!

31.1g Total fat
14.1g Saturates
0.1g Salt
16.4g Sugar
5g Protein



Carrot spice pie

By Patricia Green and Carolyn Heming **GF DF**

Serves 8-10 | Prep 20 mins | Cook 55-60 mins | Calories 304 (per serving)

400g (14oz) gluten-free shortcrust pastry shell

500g (1lb 1oz) cooked carrots, diced

175g (6oz) brown sugar

15g (1/2oz) arrowroot starch

1/2 tsp salt

2 tsp ground cinnamon

1 tsp ground ginger

1/2 tsp ground nutmeg

1/4 tsp ground cloves

3 tbsp orange juice

3 large free-range eggs

300ml (10fl oz) dairy-free milk of choice

1 Line a 23cm (9in) pie dish with gluten-free shortcrust pastry. Preheat the oven to 220°C/Gas Mark 7.

2 In a food processor or large blender, purée the carrots, then add the sugar, starch, salt, cinnamon, ginger, nutmeg and cloves. Blend. Add the orange juice, eggs and milk and blend thoroughly. The mixture should be completely smooth. It is extremely important to blend the filling thoroughly or it will separate while baking. If you are unsure if it is blended enough, pulse for another 2-4 minutes.

3 Pour the mixture into the pastry shell. Bake the pie for 12 minutes, then turn down the oven temperature to 190°C/Gas Mark 5. If the edges of the pastry appear to be browning too quickly, cover them with strips of aluminum foil. Bake for 45-50 minutes, until the center of the pie is firm and the edges of the crust are golden brown. Allow to cool completely, then chill in the refrigerator for 1-2 hours. This pie is best served cold.

Recipe taken from *Sweet Goodness* by Patricia Green and Carolyn Hemming, photography by Ryan Szulc, published by Penguin Canada. (RRP £22.10).



13.6g
Total fat
1g
Saturates
0.2g
Salt
20.2g
Sugar
7.8g
Protein



Christmas pudding bliss balls

By Lisa White

GF DF EF V

Makes 12 | Prep 20 mins plus chilling |
Cook none | Calories 171 (per ball)

FOR THE BLISS BALLS

one-third of the fruit mix
(see below)

4 tbsp ground flax seeds

90g (3½oz) sunflower
seeds, finely chopped

1-2 tsp brandy (optional)

40g (1½oz)
desiccated coconut

FOR THE FRUIT MIX

175g (6oz) medjool
dates, pitted

75g (2½oz) raisins

75g (2½oz) currants

150g (5½oz) figs, chopped

75g (2½oz) prunes,
chopped

50g (1½oz) cranberries

115g (4oz) apple purée

150g (5½oz) Morello
cherries, pitted

finely grated zest of ¼ a
lemon and ¼ an orange

2 tsp brandy (optional)

½ tsp nutmeg

½ tsp cinnamon

¼ tsp cloves

¼ tsp cardamom

- For the fruit mix, place all the ingredients in a food processor and blend until smooth. If you don't have a high-speed food processor or blender, chop the bigger fruit like medjool dates, prunes and figs into small pieces first.
- Add the fruit mix, sunflower seeds, flax seeds and brandy to a bowl. Combine the mixture with your hands until it is fully blended.
- Wet your hands and roll the mixture into balls, then roll the balls into the coconut.
- Place the balls in the fridge for 2-4 hours to firm up before serving. Serve with dairy-free custard.

5.6g
Total fat
1.9g
Saturates
0g
Salt
18.9g
Sugar
2.9g
Protein

Gingerbread trifle

GF DF

Serves 4-6 | Prep 10 mins |
Cook 5-10 mins | Calories 415 (per serving)

100ml (3½fl oz) honey

225ml (8fl oz) apple juice

1 tsp vanilla extract, plus extra for the cream

4-5 apples, peeled, cored and thickly sliced

finely grated zest of 1 unwaxed lemon

200g (7oz) gluten-free, sugar-free
ginger biscuit crumbs

800ml (28fl oz) tinned coconut milk, chilled

a pinch of salt

- Put the honey, apple juice and vanilla in a pan over a low heat, stirring until dissolved.
- Add the apples and bring to a simmer. Cover and cook for 5-10 minutes, until the fruit is tender but still whole. Stir in the lemon zest and set aside to cool completely.
- Scoop the layer of fatty cream off the top of the coconut milk (you won't need the liquid) and put into a chilled bowl. Whisk well for 1-2 minutes, then add a few drops of vanilla extract and the salt. Whisk again until light and fluffy.
- Layer the apples, coconut cream and biscuit crumbs in serving glasses. Serve chilled.

19.2g
Total fat
13.4g
Saturates
0.1g
Salt
37.9g
Sugar
3.6g
Protein

Christmas poppy seed roulade

GF DF EF V

Serves 10-12 | Prep 25 mins plus proving | Cook 30-40 mins | Calories 461 (per serving)

FOR THE FILLING

315g (11oz) ground poppy seeds
50g (1½oz) gluten-free breadcrumbs
150g (5oz) ground walnuts
finely grated zest and juice of 1 lemon
½ tsp vanilla extract
1 tsp ground cinnamon
225g (8oz) sugar
335ml (12fl oz) almond or rice milk

FOR THE DOUGH

175ml (6fl oz) almond or rice milk
115ml (4fl oz) water
2¼ tsp dried yeast
2 tbsp ground chia seeds

2 tbsp ground psyllium husk

4 tbsp vegan butter, melted

1 tbsp cider vinegar

350g (12oz) gluten-free plain flour

2 tbsp sugar

1½ tsp gluten-free baking powder

½ tsp bicarbonate of soda

½ tsp salt

TO DECORATE

icing sugar

edible gold baubles

1 For the filling, mix together the ground poppy seeds, breadcrumbs, walnuts, lemon zest, lemon juice and vanilla in a large bowl.

2 Heat the sugar and milk in a pan, bring to a boil, then add to the poppy seeds mixture. Mix very well. Leave to cool completely.

3 For the dough, heat together the milk and water until lukewarm. Whisk in the yeast and leave to stand for 10 minutes until frothy.

4 Add the chia seeds, psyllium, butter and vinegar. Whisk well and set aside to thicken a little.

5 Whisk together the dry ingredients. Add the wet ingredients and mix with your hands to a dough.

6 Roll out between two sheets of non-stick baking paper into a large rectangle about 1cm (⅓in) thick.

7 Spread the filling on the dough, leave a 2.5cm (1in) border clear. Roll up tightly and place on the baking tray. Leave in a warm place for 1 hour until risen.

8 Preheat the oven to 180°C/Gas Mark 4. Line a large baking tray with non-stick baking paper.

9 Bake for 30-40 minutes until the dough is golden and cooked. Cool on the baking tray for 10 minutes, then place on a wire rack to cool completely. Sift icing sugar over the top and decorate with gold baubles.

22g
Total fat

2.3g
Saturates

0.3g
Salt

25.6g
Sugar

10.7g
Protein



Christmas marzipan torte

GF DF

Serves 10-12 | Prep 30 mins | Cook 40 mins | Calories 484 (per serving)

FOR THE CUSTARD FILLING

4 large free-range egg yolks
2 tbsp cornflour
2 tbsp sugar

120ml (4fl oz) soya cream
1 tsp vanilla extract

FOR THE CAKE

4 large free-range eggs
225g (8oz) sugar
70g (2½oz) gluten-free plain flour
65g (2½oz) potato starch flour
1 tsp gluten-free baking powder
a pinch of salt

FOR THE ALMOND FILLING

100g (3½oz) caster sugar
3 tbsp cornflour
2 large free-range eggs
375ml (13fl oz) almond milk

2 tbsp dairy-free margarine

100g (3½oz) marzipan, diced

3-4 tbsp dark rum

FOR THE JAM LAYER

4-5 tbsp gluten-free raspberry jam

FOR THE ICING

350g (12oz) icing sugar
warm water

2-3 tsp cocoa powder

15g (½oz) dairy-free margarine

TO DECORATE

3-4 tbsp gluten-free apricot jam, warmed with
1 tbsp water

toasted flaked almonds

4 Whisk together the eggs and sugar until tripled in volume, pale and fluffy. The mixture should fall from the beaters in thick ribbons.

5 Sift together the flour, potato starch flour, baking powder and salt.

6 Sift the flour mixture over the eggs and fold in until blended, thick and smooth.

7 Pour into the tin, spread evenly and bake for about 40 minutes, until golden brown on top, springy to the touch and a skewer inserted in the centre comes out with a few moist crumbs sticking to it. Cool in the tin for a few minutes, then place on a wire rack to cool completely.

8 For the almond filling, whisk together the sugar, cornflour and eggs until smooth.

9 Heat the almond milk until small bubbles appear along the edge of the pan. Slowly pour the hot milk into the egg mixture, whisking constantly.

10 Pour back into the pan and cook over a low heat, whisking constantly, for about 5 minutes until thickened.

11 Pour through a sieve into a bowl and stir in the margarine.

12 Gently heat the marzipan and rum to form a paste.

13 Beat into the egg mixture and mix thoroughly. Cover with clingfilm and chill for 2 hours.

14 Carefully cut the cake horizontally into three.

15 Spread a thin layer of jam over one cake layer. Spread with the marzipan cream.

16 Place another cake layer on top and spread with a thin layer of jam. Spread with the custard cream.

17 Place the third cake layer on top.

18 For the icing, sift the icing sugar into a bowl and beat in enough water until thick enough to coat the back of a spoon. Put about one-quarter of the icing into another bowl.

19 Sift the cocoa powder into the smaller amount of icing and beat in the margarine.

20 Spread the white icing on top of the cake.

21 Drizzle lines of the chocolate icing over the top and drag lightly with a cocktail stick.

22 Brush the warmed jam over the sides of the cake and press in toasted almonds. Leave to set.



Redcurrants and white chocolate cheesecake

GF DF EF

Serves 8-10 | Prep 30 mins | Cook 20-25 mins | Calories 639 (per serving)

300g (11oz) gluten-free rolled oats
2 tbsp flaked almonds
7½ tbsp runny honey
3 tbsp light brown sugar
150g (5oz) soya margarine
300g (11oz) redcurrants
75g (2½oz) caster sugar
3 tbsp water
600g (21oz) soya cream cheese
250ml (9fl oz) soya single cream
finely grated zest of ½ a lemon
3 tbsp lemon juice
80g (3oz) dairy-free and gluten-free white chocolate, melted
100g (3½oz) icing sugar
85g (3oz) red jelly crystals
225ml (8fl oz) boiling water
200ml (7fl oz) cold water
1 ripe peach, peeled and diced
TO DECORATE
flaked almonds
redcurrants
200ml (7fl oz) dairy-free double cream alternative

- Preheat the oven to 150°C/Gas Mark 2. Line a baking tray with non-stick baking paper. Grease a deep 23cm (9in) springform cake tin and line the base and sides with non-stick baking paper.
- Scatter the oats and almonds onto the baking tray and sprinkle with the brown sugar. Drizzle over the honey and mix together to form small clumps.
- Bake for 20-25 minutes until golden brown and crisp.
- Melt the margarine in a pan, add the toasted oats and mix well.
- Press about two-thirds of the oat mixture into the base of the tin and press down to make an even layer. Chill while you prepare the filling. Chill the remaining oat mixture.
- Place the caster sugar and water into a pan and bring to a boil. Simmer for 2-3 minutes until the sugar has dissolved and the liquid is syrupy.
- Add the redcurrants and simmer for 2 minutes, until softened slightly, but not burst. Remove from the heat. Leave to cool completely.
- Beat together the soya cream cheese, cream, lemon juice, zest, chocolate and icing sugar until well mixed.
- Spoon half the mixture onto the chilled base and top with the redcurrant mixture. Sprinkle over the remaining oat mixture.
- Spoon the remaining cream mixture on top. Chill.
- Combine the jelly crystals and boiling water in a heatproof bowl and stir until the jelly is completely dissolved.
- Stir in the cold water and set aside to cool and thicken, but not set. Stir in the diced peaches.
- Spoon the jelly gently over the chilled cheesecake. Chill for at least 4 hours until set.
- Decorate with flaked almonds and redcurrants.
- Whisk the dairy-free double cream alternative until thick. Spoon into a piping bag with a shell nozzle and pipe swirls on top of the cheesecake.





Christmas pudding

GF DF EF V

Serves 6 | Prep 20 mins | Cook 5 hrs | Calories 255 (per serving)

100g (3½oz) raisins
100g (3½oz) currants
50g (1¾oz) sultanas
50g (1¾oz) chopped prunes
50g (1¾oz) dried apricots, chopped
50g (1¾oz) chopped almonds
150ml (5fl oz) apple purée
150ml (5fl oz) apple juice
1 tsp ground ginger
1 tsp ground cinnamon
½ tsp grated nutmeg
25g (1oz) gluten-free vegetable suet, shredded
100g (3½oz) gluten-free plain flour
2 tsp gluten-free baking powder

TO SERVE

dairy-free custard

- 1 Grease a 1 ltr (2 pt) pudding basin.
- 2 Mix together the dried fruits, almonds, apple purée, apple juice and spices in a large bowl.
- 3 Stir in the suet, flour and baking powder very thoroughly.
- 4 Spoon the mixture into the basin (leaving room for the pudding to rise) and smooth the top. Cover with a lid or a double thickness of pleated greaseproof paper; then with a double thickness of pleated foil. Tie securely and place in a large pan and pour in boiling water to come halfway up the basin.
- 5 Cover and cook for 5 hours, topping up with boiling water as needed. Cool completely, then wrap in fresh greaseproof paper and foil. Store in a cool, dark place until needed. To reheat, steam the pudding for 2 hours.
- 6 Serve with dairy-free custard.



7.4g
Total fat
0.5g
Saturates
0.3g
Salt
22.6g
Sugar
4.1g
Protein

ON SALE
26 NOV

Gluten-Free HEAVEN

Next issue *Christmas special*

Bringing together all the classic family favourites in gluten-free form...

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Uniting a community through social media

CATERING FOR ALL

Understanding your gluten intolerance at Christmas



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Contents subject to change

Chocolate indulgence

Author of *Sugar Free ME: Gluten, sugar, yeast and dairy-free eating*, Alison Beadle shows us what to look out for when considering tucking into that perfect free-from favourite...

CHOCOLATE, WHILST EASILY available for those with no allergies or intolerances, is one of the trickiest things to find if you are looking for gluten-, dairy-, sugar- or nut-free. Being intolerant to sugar, dairy and gluten myself, chocolate is one of the things I miss the most. I don't want it constantly, but it is nice to have once in a while.

Having been sugar-, gluten- and dairy-free since 2012 and, being a former sugar 'addict', I have done my fair share of research, some successful and some not so.

Here are a few tips on shopping for 'free-from' chocolates, and also a few of my favourites to help you in your quest to indulge in a sweet treat, or just to buy some for somebody so they don't feel left out when every one else eating theirs!

Sugar-free chocolate:

Check how it's sweetened. Some sugar-free chocolates are sweetened with coconut palm sugar, Palma jaggery, dates or agave, which all contain fructose – which is still sugar, just not traditional refined sugar. While the average person can tolerate these, there are some diabetes sufferers who may get an insulin spike from fructose sweetened chocolates. These also aren't great for candida sufferers as the candida will feed off the sugars. In both cases it also depends on the quantity eaten and the individual's condition as to the effect it will have.

If sweetened with maltitol, an alcohol sugar, which is a common favourite in diabetic friendly chocolates, moderate to excessive consumption may have a laxative effect. Xylitol and erythritol are also alcohol sugars, but aren't quite so harsh on the digestive system. It depends on the individual. Personally I'm fine with xylitol, but my body hates maltitol.

You can also get chocolate sweetened with stevia. It is low in calories, is produced from a leaf and is easy on your digestive system too. For me it has a slight aftertaste, but many people don't notice this at all.

Dairy-free chocolate:

There is a lot more of this about now and you can generally find it in most large supermarkets as well as health food shops. The obvious choice is dark chocolate, but that can be too strong a flavour for some. I've had chocolate made with almond milk, but many use soya lecithin. Most people are fine with this, but those who are allergic to legumes may be sensitive. Obviously if you have a soy allergy it's not going to be suitable for you. I've also used coconut milk powder when making my own chocolate at home.

Gluten-free chocolate:

Generally chocolate shouldn't have gluten in it and may not be labelled as containing gluten, but it could be manufactured in a site where there is a risk of cross-contamination so don't assume it is gluten-free. If you are coeliac then go for products which actually state 'gluten-free' and are approved for coeliac consumption. The Coeliac Society has a website which provides a list of gluten-free chocolates. www.coeliac.org.uk/gluten-free-diet-and-lifestyle/cooking-and-baking/gluten-free-chocolate/

Nut-free chocolate:

Again, unless you are going for a nut-based chocolate, it generally doesn't contain nuts, but once again there is the risk of cross-contamination so, to be sure, always go for something that states 'nut-free' on the packaging.



The final option is you learn to make your own. I went on a chocolate making workshop at Melange, in Peckham, and now use those skills to make my own. I thoroughly enjoyed the afternoon and Isabelle, who runs the shop, is a great source of knowledge and expertise. There are also raw chocolate workshops run by the creator of Perfect Chocolate, sold at Snowfields Wellness, London Bridge.

Below are a selection of chocolates I've tried and tested. There are many more in the market, but I'd rather recommend ones I've tried. The range covers gluten-, dairy-, sugar-free (including fructose-free) and fructose sweetened. My favourite to eat is Perfect; favourite to cook with, Willies. Manufacturers often change recipes so always double check the ingredients before eating. ☺

For more information, visit
www.livewellhappy.co.uk



Brand	Range	Where can I buy it	Free-from options	Sugar-free option	Website
Planmil	Plain, milk, coffee, mint	Holland & Barrett and most health food shops	Gluten, dairy, sugar	Sweetened with xylitol	www.plamilfoods.co.uk/chocolate
Melange	Great range of flavours available	Melange, Peckham, The Chocolate Museum, Brixton	Dairy, nut, gluten, sugar	Sweetened with stevia	www.themelange.com
Perfect	Sour cherry, mint, vanilla,	Snowfields Wellness	Gluten, dairy, sugar	Sweetened with xylitol	www.snowfields.co.uk/products/raw-chocolate-and-making
Cocoa Libre	Dark, raspberry, mint, milk	Holland & Barrett, website	Gluten, dairy, wheat, buts	No sweetener	www.cocoalibre.co.uk
Thorntons	Speciality boxes	Thorntons	Gluten, sugar	Sweetened with maltitol	www.thorntons.co.uk/product/66.uts
Hotel Chocolate	Various 100% flavours	Hotel Chocolate	Dairy, gluten, sugar	No sweetener	www.hotelchocolat.com/uk
Willies	Various 100% flavours	Waitrose, Ocado	Dairy, gluten, sugar	No sweetener	www.williescacao.com/chocolate/#cooking
Cavalier	Various flavours	Website	Sugar	Sweetened with stevia	sweetswithout.co.uk/collections/cavalier-stevia-chocolate/products/cavalier-dark-chocolate
Perlege	Various flavours	Health food shops and website	Sugar	Sweetened with stevia & malitol	sweetswithout.co.uk/collections/perlege-stevia-chocolate/products/perlege-stevia-dark-chocolate
Ombar	Various flavours	Store locator on website	Refined sugar, dairy	Sweetened with coconut palm sugar	www.ombar.co.uk

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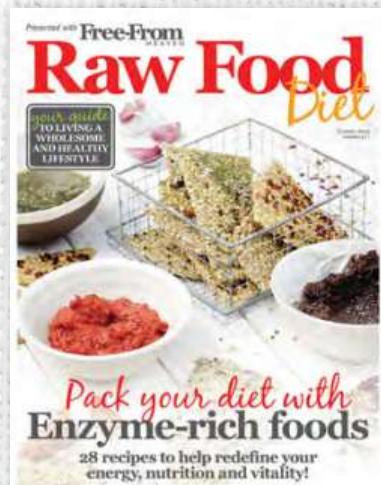
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Sweet treats! Family treats

RECIPES

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Vanilla ice cream coconut balls

By Nicola Graimes

GF DF EF V

Serves 5 | Prep 10 mins |

Cook 2 mins | Calories 419 (per serving)

8 tbsp unsweetened desiccated coconut

5 scoops of dairy-free vanilla ice cream

400g (14oz) fresh pineapple, or a combination of pineapple, peach or mango, cut into bite-sized pieces

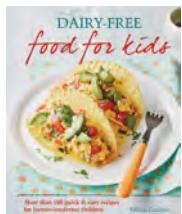
TO DECORATE

maple syrup

toasted flaked almonds

- 1 Put the coconut in a large frying pan and toast for 2 minutes, tossing the pan occasionally, until golden. Tip the coconut onto a plate and leave to cool.
- 2 Take a scoop of ice cream and roll it in the toasted coconut until evenly coated. Repeat with the remaining ice cream and coconut. Place the ice cream balls in the freezer for 10 minutes to firm up slightly.
- 3 Spoon the fruit into five tall glasses and place a ball of coconut-coated ice cream on top. Drizzle each with maple syrup and sprinkle with a few flaked almonds.

The coconut balls recipe is taken from *Dairy-free Food for Kids* by Nicola Graimes, published by Hamlyn. (RRP £12.99).



25.2g
Total fat

14.9g
Saturates

0.1g
Salt

36.8g
Sugar

6.1g
Protein

Christmas shortbread with cardamom, chocolate & mincemeat

By Vicki Montague (www.freefromfairy.com)

GF DF EF V

Serves 11-12 | Prep 20 mins plus chilling |

Cook 10-15 mins | Calories 167 (per serving)

200g (7oz) plain gluten-free flour

50g (2oz) dairy-free spread and 50g (2oz) coconut oil, melted

50g (2oz) sugar

5 cardamom pods, seeds removed and crushed

2-3 tbsp gluten-free mincemeat

a large handful dark dairy-free and gluten-free chocolate chips

- 1 Combine the softened spread and coconut oil with the sugar, beating until it becomes smooth.
- 2 Add the flour and ground cardamom and combine until you have a dough. Chill the dough for 30 minutes, or until it is firm enough to roll. Preheat the oven to 180°C/Gas Mark 4.
- 3 Flour a large piece of baking parchment and roll the dough (with a floured rolling pin) out into a 20x15cm (8x6in) rectangle, making sure not to roll it too thin and checking all the time that you can still move it on the surface.
- 4 Spread the mincemeat onto the rectangle, leaving about 2.5cm (1in) on the longest sides clear.
- 5 Sprinkle on the chocolate chips and roll gently along the length of the dough (using the paper to help you), leaving you with a long 'sausage roll' shape. Press the edges together to seal.
- 6 Using a sharp knife, cut the roll into pieces 2.5cm (1in) thick. Place on a greased baking tray and bake in the oven for 10-15 minutes until golden. Cool before serving.

8.4g
Total fat

5g
Saturates

0g
Salt

7.8g
Sugar

1.4g
Protein



Stained glass window cardamom and orange biscuits

By Vicki Montague (www.freefromfairy.com) **GF DF EF**

Makes 28 | Prep 25 mins plus chilling | Cook 10-12 mins | Calories 115 (per biscuit)

175g (6oz) solid Stork, softened

175g (6oz) sugar

275g (10oz) plain gluten-free flour

1 free-range egg

6 cardamom pods, seeds removed and crushed

½ tsp xanthan gum

½ tsp gluten-free baking powder

finely grated zest of 1 orange

28 gluten-free boiled sweets

1 Preheat the oven to 160°C/Gas Mark 2.

2 Beat the sugar and Stork together until light and fluffy, then add the egg and beat again. Add all the remaining ingredients, apart from the sweets, and mix well until a dough forms. Place the dough in the freezer for about 20 minutes.

3 Liberally flour a clean surface and roll the dough in the flour, working it until it is smooth enough to roll. Roll out with more flour; making sure to move the dough around so that it doesn't stick on the surface.

4 When the dough is about 3mm (¼in) thick, use a 9cm (3½in) star cutter to cut your first shape. Transfer to a baking tray lined with baking parchment.

5 Using a smaller star shaped cutter (about half the size), cut the middle out of the first larger star. You can either transfer the little star to the tray, or re-roll it to get more large stars. Use a straw to poke a small hole in the top of the star, for the ribbon or string.

6 Repeat, re-rolling the dough when you need to, until all the dough is used up. Bake the biscuits in the oven for 5 minutes. Remove from the oven and place a whole sweet in the centre of each biscuit. Bake for a further 5-7 minutes until golden. Remove from the oven and leave to cool completely on the tray.

7 If you would like to hang the biscuits on the Christmas tree, place thin ribbon or thread through the holes and tie to make a loop.

4.7g
Total fat
1.2g
Saturates
0g
Salt
9.1g
Sugar
0.8g
Protein



Cinnamon and orange cookies

By Lesley Waters

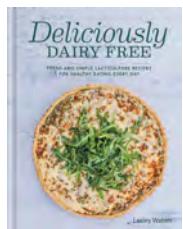
DF EF MF V

Makes 20 | Prep 20 mins | Cook 15 mins | Calories 52 (per biscuit)

125g (4oz) dairy-free spread
50g (2oz) soft light brown sugar
150g (5oz) self-raising flour, plus extra for dusting
3 tsp ground cinnamon
grated zest of 1 orange
sifted icing sugar, for dusting

- 1 Preheat the oven to 190°C/Gas Mark 5. Lightly flour two baking sheets.
- 2 Beat together the spread and sugar in a bowl until light and fluffy. Sift in the flour and cinnamon, add the orange zest and mix well.
- 3 Divide the mixture into 20, roll with your hands into balls, then place on the baking sheets. Flatten the cookies with a wet fork.
- 4 Bake in the oven for 15 minutes. Remove from the oven and allow to cool slightly on the sheets before transferring to a wire rack. Dust with icing sugar and serve warm or cold.

The cookies recipe is taken from *Deliciously Dairy Free: Fresh and simple lactose-free recipes for healthy eating every day* by Lesley Waters, photography by Haarala Hamilton, published by Hamlyn. (RRP £20).



1g Total fat
0.6g Saturates
0g Salt
3g Sugar
1g Protein



Guilt-free chocolate

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF MF V

Makes 12-14 | Prep 15 mins plus chilling | Cook none | Calories 73 (per chocolate)

5 tbsp coconut oil, melted
4 tbsp carob powder, or raw cacao powder
½ tsp cinnamon
½ tsp vanilla extract
a pinch of sea salt
nuts and/or dried fruit of your choice

- 1 In a warm bowl, mix together the melted coconut oil with the carob or cacao powder, cinnamon, vanilla and salt until well combined and smooth.
- 2 Spoon one tablespoon of the mixture into the holes of silicone chocolate moulds.
- 3 Top each chocolate with a sprinkle of salt and any nuts or fruit of your choice.
- 4 Place in the fridge for 15 minutes, or until set. Remove from the moulds and store in the fridge or freezer.
- 5 Wrap loosely in parchment paper before placing in a gift box to present as a homemade seasonal gift.

7.8g Total fat
4.8g Saturates
0g Salt
0g Sugar
0.7g Protein



Paleo frangipane star-topped mince pies

By Georgie Young (www.greensofthestoneage.com) **GF DF MF**

Makes 12 | Prep 1 hr 30 mins | Cook 20 mins | Calories 244 (per mince pie)

350g (12oz) paleo mincemeat, with alcohol FOR THE PASTRY

100g (3½oz) tapioca flour

50g (1¾oz) almond flour

50g (1¾oz) coconut oil

a pinch of Himalayan salt

juice of 1 orange

FOR THE FRANGIPANE

40 (1½oz) coconut oil

40g (1½oz) coconut sugar

20g (1oz) almond flour

1 tsp tapioca flour

30g (1¼oz) ground almonds

1 free-range egg

½ tbsp almond extract

FOR THE ICING

50g (1¾oz) coconut sugar

50g (1¾oz) tapioca flour

½ tbsp mixed spice

¼ tsp vanilla powder

grated zest of 1 orange

1 For the pastry, in a small mixing bowl, sieve in the flours and salt. Mix in the coconut oil. Cover with clingfilm, then place in the freezer for 20 minutes.

2 Remove from the freezer and process until it comes together into small oat-like sized balls. Pulse in half of the orange juice. Form into one ball, cover with clingfilm and leave to chill in the fridge for 30 minutes.

3 Preheat the oven to 180°C/Gas Mark 4.

4 For the frangipane, combine all of the ingredients in a food processor until completely smooth and pale in colour. Set aside.

5 Remove the dough from the fridge, place back in a food processor and pulse in 1 tsp orange juice. Process until the dough has warmed up enough to be handled.

6 Lightly dust your work surface and rolling pin with some tapioca flour. Take a small handful of dough at a time to work with and roll into a ball with your hands. Place the dough onto the work surface and roll it out fairly thin, but not so thin that it will break when placed into your cake tin. Roll very lightly otherwise it will tear apart.

7 Cut out the bases with a large cutter. Cut out the stars. Pop the bases into the holes of a muffin tin and gently press them down and around the outer edges.

8 Fill each base with one heaped tablespoon of frangipane. Add ½ tbsp mincemeat. Top with the stars, pressing down as gently as possible. Repeat until you have filled the tin.

9 Bake the mince pies in the oven for about 10 minutes until golden brown. This may take less or more time so keep a watchful eye as they love to cook quickly.

10 Leave to cool in the tin for 5 minutes before placing on a wire rack to cool completely.

11 Whizz together all the icing ingredients. Once the mince pies are completely cool, lightly dust them with the paleo icing sugar and enjoy.

9.9g
Total fat

6.8g
Saturates

0.1g
Salt

20.1g
Sugar

1.4g
Protein



Paleo lebkuchen

By Georgie Young (www.greensofthestoneage.com) **GF SF DF MF**

Serves 45-50 | Prep 1 hr | Cook 30 mins | Calories 68 (per lebkuchen)

100g (3½oz) coconut sugar

150g (5½oz) raw honey

25g (1oz) coconut oil

200g (7oz) tapioca flour

125g (4½oz) almond flour

100g (3½oz) ground almonds

3 tsp ground cinnamon

1½ tsp ground cloves

1 tsp ground cardamom

1 free-range egg

2 tbsp rum

1 tsp bicarbonate of soda

½ tsp gluten-free baking powder

- In a small pan, combine the coconut sugar/honey and coconut oil. Heat on a low heat until it begins to boil. Reduce the heat and gently simmer for 5 minutes.
- While your 'syrup' is cooking, combine 100g (3½oz) tapioca flour and the rest of the flours, ground almonds and spices in a food processor.
- Carefully pour the syrup into the flour mix and pulse a few times before processing on high speed. Dissolve the bicarbonate of soda and baking powder into the rum. Pour into the mix and process. Add the egg and remaining tapioca flour and process until smooth. The dough should be sticky. If not, leave for 5 minutes, then pulse again.
- Roll the dough into a ball. Wrap in clingfilm and leave in the fridge to rest overnight.
- Remove the dough from the fridge, it should be tough and sturdy enough to manipulate. Divide into four chunks. Keep one chunk to use and leave the other three in the clingfilm to prevent the dough from going too dry.
- Preheat the oven to 180°C/Gas Mark 4. Lightly dust your work surface with tapioca flour and roll the dough out to approximately 7-8mm (½in) thick. Cut out star shapes or whatever shapes take your fancy!
- Line a baking tray with baking parchment and place the shapes onto your tray. Bake in the oven for 10-12 minutes, until the lebkuchen are lightly golden all over and fairly firm to the touch.
- Remove and leave to cool on a wire rack. Repeat the process until you have cooked all of your dough.

2.5g Total fat	0.7g Saturates	0g Salt	5.7g Sugar	0.9g Protein
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Strawberry truffles

By Jimmy Moore and Maria Emmerich **GF DF MF**

Makes 24 | Prep 20 mins plus chilling | Cook 20 mins | Calories 140 (per truffle)

FOR THE WHITE CHOCOLATE COATING

225g (8oz) **cocoa butter**

175g (6oz) **powdered erythritol**

2 tsp **strawberry flavour**

½ tsp **fine sea salt**

FOR THE FILLING

150 (5½oz) **powdered erythritol**

1 tsp **stevia**

175ml (6fl oz) **strong strawberry tea**

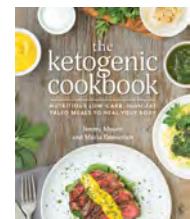
4 large **free-range eggs**

2 tsp **strawberry flavour**

115ml (4fl oz) **coconut oil**

- For the white chocolate coating, place the cocoa butter in a bain marie and heat for 5-8 minutes on medium-high until fully melted. Stir in the erythritol, strawberry flavour and salt.
- Pour the cocoa butter mixture into a truffle mould, filling the holes halfway. Allow to cool in the fridge for 1 hour.
- While the coating chills, make the filling. Combine the erythritol, stevia, tea, eggs and strawberry flavour in a medium-sized saucepan and whisk to blend. Add the coconut oil and heat, whisking constantly, over a medium heat for about 12 minutes, until the mixture thickens and coats the back of a spoon thickly (do not boil).
- Pour the mixture through a fine-mesh strainer into a medium-sized bowl. Place the bowl in a larger bowl filled with ice water and chill, whisking occasionally, for about 15 minutes, until the mixture is cooled completely.
- For the truffles, remove the mould from the fridge and cover the cocoa butter mixture with the curd filling, leaving a tiny space at the top. Top the filling with another layer of the cocoa butter mixture so that the curd is surrounded by the chocolate. Place back in the fridge or freezer to set.
- Store the truffles in an airtight container in the fridge for up to 1 week.

The recipes on pages 111-114 are taken from *The Ketogenic Cookbook* by Jimmy Moore and Maria Emmerich, published by Victory Belt. (RRP £28.99).



14.9g	9g	0g	14.3g	1g
Total fat	Saturates	Salt	Sugar	Protein

Cinnamon house

By Jimmy Moore and Maria Emmerich **GF DF MF V**

Makes 1 | Prep 10 mins | Cook 2 hr | Calories 523

FOR THE DOUGH

150g (5½oz) ground cinnamon, plus more for rolling

225ml (8fl oz) apple sauce

FOR THE ROYAL ICING

450g (1lb) powdered erythritol

3 free-range egg whites, at room temperature

½ tsp cream of tartar

- 1 Preheat the oven to 110°C/Gas Mark ¼. Line a baking sheet with parchment paper.
- 2 For the gingerbread, in a large bowl, combine the cinnamon and apple sauce. Stir well.
- 3 If the dough is too sticky, add more cinnamon; if it's too dry and you are unable to mould it, add more apple sauce.
- 4 Sprinkle a clean surface with cinnamon. Place the dough on the surface and dust with additional cinnamon. Sprinkle a rolling pin with cinnamon and roll the dough to 5mm (¼in) thick, sprinkling with more cinnamon to keep the dough from sticking. Cut the dough into shapes with gingerbread house cookie cutters.
- 5 Place the house pieces on the baking sheet. They can be very close together as they do not rise or spread.
- 6 Bake for 1½-2 hours, until rock hard, or allow to dry at room temperature for several days.
- 7 For the royal icing, combine the ingredients in the bowl of a stand mixer and beat on high for 7-10 minutes.
- 8 Spread the icing over the shapes to fashion the house.







Chocolate raspberry fat bombs

By Jimmy Moore and Maria Emmerich **GF DF EF MF V**

Serves 12 | Prep 15 mins plus freezing | Cook 5 mins | Calories 234 (per bomb)

FOR THE FILLING

225ml (8fl oz) coconut oil, softened

2 tsp raspberry flavour

100g (3½oz) powdered erythritol

1 tsp stevia

FOR THE CHOCOLATE COATING

**25g (1oz) sugar-free dairy-free
gluten-free chocolate, finely chopped**

75g (2¾oz) powdered erythritol

60ml (2fl oz) coconut oil

100ml (3½fl oz) tinned, full-fat coconut milk

1 tsp stevia

1 tsp raspberry flavour

½ tsp almond extract

¼ tsp fine sea salt

- 1 Line a 12-hole muffin tin with paper cases.
- 2 For the filling, in a medium-sized bowl, mix together the coconut oil, raspberry flavour, erythritol and stevia until you have a paste.
- 3 Divide the mixture among the paper cases, then place in the freezer for about 30 minutes, or until frozen.
- 4 Meanwhile, make the chocolate coating. Place all of the ingredients in a bain maire over a low heat to melt the chocolate, stirring often. When the chocolate is almost totally melted, remove from the heat. Continue stirring and, once the chocolate is totally melted and smooth, remove the raspberry bombs from the freezer.
- 5 Drizzle the melted chocolate over the raspberry bombs. Place back in the freezer to set for about 10 minutes before serving.
- 6 Store in the fridge for up to 1 week, or in the freezer for up to 3 months.

26.2g Total fat	22.5g Saturates	0g Salt	15.1g Sugar	0.3g Protein
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Christmas stollen

By Ugg Foods (www.uggfoods.com)

GF SF DF MF

Serves 8 | Prep 20 mins |

Cook 45 mins | Calories 210 (per serving)

FOR THE BREAD

1 packet of UGG Fruit & Seed Bread Mix

250g (9oz) dried mixed fruit

75g (2½oz) almonds, roughly chopped

3 tsp cinnamon

a generous grating of fresh nutmeg

1½ tbsp light olive oil

5 free-range eggs, beaten

finely grated zest and juice of 1 lemon

FOR THE PASTE

75g (2½oz) almond flour

50g (1¾oz) xylitol

2 tsp almond extract

1 tsp vanilla extract

1 Preheat the oven to 180°C/Gas Mark 4. For the almond paste, combine all the ingredients in a food processor until sticky. Roll into a sausage shape about 1cm (½in) in diameter.

2 For the bread, mix together the bread mix, dried fruit, almonds and spices. Add the eggs, oil and lemon zest and juice and mix well. Divide the mixture into two and press half onto a sheet of baking parchment to form a 30x15cm (12x6in) rectangle. Lay the almond paste down the middle long ways. Place the remainder of the bread dough to form a repeat bread layer over the almond paste.

3 Bake in the oven for 45 minutes until nicely browned.

Mince pies

By Ugg Foods (www.uggfoods.com)

GF DF MF

Serves 12 | Prep 30 mins |

Cook 30 mins | Calories 258 (per serving)

FOR THE FILLING

3 large cooking apples, peeled, cored, chopped

75g (2½oz) chopped almonds

175g (6oz) raisins

225g (8oz) dried figs, chopped

100g (3½oz) apricots, chopped

grated zest and juice of 1 lemon

grated zest and juice of 1 orange

3 tsp ginger

1 Preheat the oven to 180°C/Gas Mark 4. Cook the apples with the xylitol and lemon juice in a saucepan until soft, but still with some small pieces.

2 Add all the other filling ingredients, simmer for a few minutes, then leave with the lid on the pan to slowly cool.

3 Place all the pastry ingredients in a food processor and blend until the dough forms a ball. Roll out between two pieces of baking parchment and cut circles to fit a 12-hole mince pie tin.

4 Bake blind for about 10 minutes, before adding the filling. Continue to bake for about 20 minutes until the edges are nicely browned. Cool for 5 minutes, then lift out and cool on a wire rack.

13.3g
Total fat
2.1g
Saturates
0.2g
Salt
4.2g
Sugar
13.2g
Protein

6.5g
Total fat
2g
Saturates
0.1g
Salt
25.1g
Sugar
6g
Protein

Homemade soft pretzels

By Patricia Green and Carolyn Hemming **GF DF EF MF V**

Makes 16 | Prep 25 mins plus chilling | Cook 20 mins | Calories 179 (per pretzel)

250 (9oz) sweet rice flour
150g (5½oz) sorghum flour
125g (4½oz) brown rice flour
30g (1oz) psyllium husks
1 tbsp fast-action yeast
2 tsp organic cane sugar
1 tsp xanthan gum
¼ tsp salt
280ml (10fl oz) plus 2 tbsp warm water
2 tbsp organic light-tasting oil, plus extra for rolling and brushing

- 1 Line a large baking sheet with parchment paper.
- 2 Whisk the sweet rice, sorghum and brown rice flours, psyllium, yeast, sugar, xanthan gum and salt in a stand mixer, or whisk in a medium bowl. Stir in the warm water and oil until incorporated. Use the paddle attachment on a medium speed to mix the dough, or hand-knead the dough for about 5 minutes. Roll the dough into a log, cut it into 16 equal pieces and cover with a slightly damp cloth or clingfilm.
- 3 Oil your hands and roll one piece of dough into a 18-20cm (7-8in) long rope. Form a U-shape, then cross both ends over the top of each other, bringing each one to the opposite side of the circle to form a pretzel shape.
- 4 Place on the baking sheet, brush with a slight touch of oil, sprinkle with coarse salt and cover with a towel. Repeat with the remaining dough. Let the pretzels rise, covered, in a warm draft-free place for 45-60 minutes until doubled in size. Preheat the oven to 190°C/Gas Mark 5.
- 5 Bake the pretzels for 20 minutes until golden brown. Serve warm.



This recipe and the cookies on page 117 are taken from *Sweet Goodness* by Patricia Green and Carolyn Hemming, photography by Ryan Szulc, published by Penguin Canada. (RRP \$29.95).



2.8g
Total fat
0g
Saturates
0.1g
Salt
1g
Sugar
3.4g
Protein



Ginger squash molasses cookies

By Patricia Green and Carolyn Hemming

GF DF MF

Serves 24 | Prep 15 mins |

Cook 12-15 mins | Calories 197 (per cookie)

375g (13oz) sorghum flour **250g (9oz) cooked butternut squash or pure pumpkin purée**
250g (9oz) teff flour **125ml (4½fl oz) grapeseed oil**
4 tsp bicarbonate of soda **2 large free-range eggs**
4 tsp ground cinnamon **60g (2oz) molasses**
2 tsp ground ginger **3 tbsp organic cane sugar**
1½ tsp xanthan gum
1 tsp ground cloves
½ tsp salt
250g (9oz) lightly packed brown sugar

- 1 Line a large baking sheet with parchment paper. Preheat the oven to 180°C/Gas Mark 4.
- 2 Whisk together the sorghum and teff flours, bicarbonate of soda, cinnamon, ginger, xanthan gum, cloves and salt in a medium bowl and set aside. In a separate large bowl, mix together the sugar, squash, oil, eggs and molasses until smooth. Slowly add the flour mixture to the squash mixture, stirring until thoroughly combined.
- 3 Using a 60ml (2fl oz) scoop or measuring cup, drop the cookie dough onto the baking sheet 4cm (1½in) apart. Sprinkle the tops with a pinch of sugar.
- 4 Bake for 12-15 minutes, or until a toothpick inserted in the centre comes out clean. Allow the cookies to sit for 2 minutes on the sheet before moving them to a rack to cool completely.

6.5g
Total fat
0.7g
Saturates
0.3g
Salt
12.9g
Sugar
3.7g
Protein

Portuguese sweet potato Christmas cookies

By Dr Eva Detko (www.dr-eva.com)

GF SF DF MF

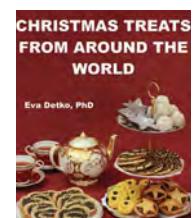
Serves 24 | Prep 25-30 mins |

Cook 25 mins | Calories 90 (per cookie)

400g (14oz) sweet potatoes, peeled, diced
150g (5½oz) ground almonds
60g (2½oz) unsweetened desiccated coconut, plus 25g (1oz) for topping
1 large free-range egg
1 tbsp runny honey
4 tbsp plain gluten-free flour
2 tbsp orange extract
55 servings of stevia

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Boil the sweet potato on a medium heat for 5-10 minutes. Drain, mash, then place on a low heat for 1-2 minutes to dehydrate slightly.
- 3 Combine the mashed potato with the almonds, 60g (2oz) desiccated coconut, the egg, honey, flour, orange and stevia.
- 4 Shape the mixture into 2.5cm (1in) oval cookies. Pinch the ends and flatten to make them look like leaves.
- 5 Sprinkle the cookies with the rest of the desiccated coconut, place on a baking tray lined with greaseproof paper, then bake in the oven for 25 minutes, or until golden brown.

Recipe taken from *Gluten-free, Wheat-free, Dairy-free & Refined Sugar-free Christmas Treats from Around the World Cookbook* by Dr Eva Detko, available from Amazon. (RRP £9.78).



5.5g
Total fat
2.2g
Saturates
0g
Salt
0.8g
Sugar
2.1g
Protein



Christmas crostini

By The Vegetarian Society (www.vegsoc.org)

SF DF EF MF V

Serves **4-6** | Prep **20 mins** |

Cook **5 mins** | Calories **168** (per serving)

½ a long baguette, cut into 6mm (¼in) slices

4 tbsp olive oil

1 garlic clove, peeled, whole

2-3 ripe tomatoes, peeled, deseeded, drained

6 black olives, stoned, chopped

1 tsp fresh thyme, chopped

salt and freshly ground black pepper

1 tbsp orange flavoured olive oil

1 tbsp white wine or balsamic vinegar

1 red pepper, roasted, peeled, seeded, cut into strips

a few fresh chives

- 1** Brush both sides of the baguette slices with olive oil and grill lightly on both sides until golden brown. (Alternatively, place on a baking sheet and bake in a preheated oven at 200°C/Gas Mark 6 for about 10-15 minutes.)
- 2** Finely chop the tomatoes and mix together with the olives, thyme, orange flavoured olive oil and vinegar and season with salt and freshly ground black pepper.
- 3** Rub the peeled garlic onto the top side of each slice of toasted bread.
- 4** Arrange the tomato mixture on the top and decorate with criss-crossed strips of roasted red pepper and chives.



Chocolate chip cookies

By Emily von Euw (www.thisrawsomeveganlife.com)

GF SF DF EF MF V

Makes **9** | Prep **15 mins** |

Cook **30 mins** | Calories **150** (per cookie)

90g (3oz) uncooked quinoa

75g (2½oz) buckwheat groats

75g (2½oz) almond butter

2 tsp maple syrup

3 tsp water

60g (2oz) sugar-free, dairy-free chocolate chips

9 dates, optional

1 Preheat the oven to 200°C/Gas Mark 6. Grind the quinoa and buckwheat into flour in a high-speed blender. Add in the rest of the ingredients, except the chocolate chips. If it's still very crumbly and dry, add some more water in one teaspoon amounts until the mix is moist and holds together when you press it with your fingers.

2 Add the chocolate chips and mix them in evenly. If you want to gently bake the cookies, add some dates and a little more water to the mix. Use an ice cream scoop to shape nine cookies on a baking tray, then bake in the oven for 30 minutes, or until they become crunchy on the outside.

3 Serve with cold non-dairy milk and enjoy!

8g
Total fat
1.2g
Saturates
0.3g
Salt
4g
Sugar
3.4g
Protein

7g
Total fat
1g
Saturates
0g
Salt
1.2g
Sugar
4.5g
Protein

Churros with cinnamon sugar

By Doug McNish **GF SF DF EF MF V**

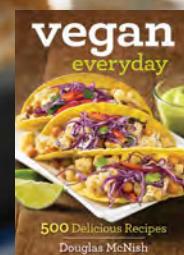
Makes 16-18 | Prep 20 mins | Cook 6-7 mins | Calories 182 (per churros)

200g (7oz) brown rice flour
2 tbsp tapioca starch
250ml (9fl oz) water
3 tbsp coconut oil
a dash of vanilla extract
500ml (18fl oz) grapeseed oil
125g (4½oz) coconut sugar
2 tsp ground cinnamon
a pinch of fine sea salt

- 1 In a bowl, whisk together the rice flour and tapioca starch. In a small saucepan, combine the water and coconut oil. Bring to a boil, then reduce the heat to a simmer. Stir in the vanilla. Add the flour mixture and stir until the dough comes away from the sides of the pan. Remove from the heat and transfer to a large bowl. Set aside to cool completely.
- 2 In a large saucepan over a medium heat, heat the oil to 190°C/375°F.
- 3 Meanwhile, in a large bowl, whisk together the coconut sugar, cinnamon and salt. Set aside.
- 4 Fill a piping bag with dough. Working in batches of 2-3, squeeze strips of dough 5-7.5cm (2-3in) long and about 1cm (½in) in diameter into the hot oil. Cook for 6-7 minutes, or until the churros are crisp and golden brown.
- 5 Using a slotted spoon, transfer to a bowl with the cinnamon sugar and toss to coat well. Transfer to a serving plate. Repeat with the remaining batter. Serve immediately.

12.8g
Total fat
2.3g
Saturates
0g
Salt
7.1g
Sugar
0.8g
Protein

Recipe taken from *Vegan Everyday* by Doug McNish, published by Robert Rose. (RRP £15.99).



Cranberry biscuits

GF DF MF

Serves 25-30 | Prep 20 mins | Cook 10-12 mins | Calories 74 (per biscuit)

55g (2oz) dairy-free margarine

80g (3oz) sugar

1 free-range egg yolk

1 tsp vanilla extract

175g (6oz) gluten-free plain flour

1 tbsp gluten-free baking powder

1 tsp ground cinnamon

½ tsp grated nutmeg

¼ tsp salt

3 tbsp dairy-free milk

150g (5oz) dried cranberries

FOR THE ICING

200g (7oz) icing sugar

water

a few drops of pink food colouring

dried cranberries

1 Preheat the oven to 190°C/Gas Mark 5. Line two baking trays with non-stick baking paper.

2 Beat the margarine and sugar in a mixing bowl until light and creamy. Add the egg yolk and vanilla and beat well.

3 Mix in the dry ingredients until combined. Add just enough milk to form a soft dough.

4 Roll pieces of the dough into 25-30 small balls. Roll some of the balls in dried cranberries and place apart on the baking trays.

5 Flatten slightly and bake for 10-12 minutes until golden and cracked. Cool on the baking trays for 5 minutes, then place on a wire rack to cool completely.

6 For the icing, sift the icing sugar into a bowl and beat in just enough water until thick enough to coat the back of a spoon. Beat in the food colouring.

7 Spoon the icing on some of the cookies and press in dried cranberries. Leave to set.



All recipe development and food photography on pages 120-121 © Stockfood, The Food Media Agency



Christmas gift cookies

GF SF DF MF

Serves 15 | Prep 20 mins plus chilling | Cook 8-10 mins | Calories 83 (per cookie)

75g (2½oz) fine polenta

25g (1oz) rice flour, plus extra for dusting

25g (1oz) ground almonds

½ tsp cream of tartar

¼ tsp bicarbonate of soda

3 tbsp clear honey

55g (2oz) dairy-free margarine, melted and cooled

1 free-range egg yolk

3 tbsp chopped almonds

3-4 tbsp dairy-free sugar-free chocolate chips

- 1 Put the polenta, rice flour, ground almonds, cream of tartar and bicarbonate of soda into a mixing bowl and stir well together.
- 2 Stir in the honey, margarine, egg yolk, almonds and chocolate chips and mix to a firm dough. Wrap in clingfilm and chill for 30 minutes.
- 3 Preheat the oven to 180°C/Gas Mark 4. Line two baking trays with non-stick baking paper.
- 4 Roll out the dough on a surface dusted with rice flour. Stamp out circles using a 6cm (2½in) round cutter. Place the biscuits on the baking trays, allowing room for spreading.
- 5 Bake for 8-10 minutes until golden brown. Leave to cool for a few minutes on the trays, then place on a wire rack to cool completely.

Star-shaped jam biscuits

GF DF EF MF

Serves 20 | Prep 25 mins | Cook 12-14 mins | Calories 210 (per biscuit)

225g (8oz) dairy-free margarine

150ml (5fl oz) clear honey

a pinch of salt

½ tsp vanilla extract

300g (11oz) brown rice flour

225g (8oz) tapioca starch

150g (5oz) sweet rice flour

¾ tsp guar gum

5 tbsp gluten-free strawberry jam or jelly

icing sugar

- 1 Preheat the oven to 180°C/Gas Mark 4. Line two large baking trays with non-stick baking paper.
- 2 Beat the margarine in a mixing bowl until soft.
- 3 Beat in the honey, salt and vanilla.
- 4 Add the flours and guar gum, then mix to a dough. Divide the dough in half and shape into two balls, then flatten each into a disc.
- 5 Roll out one of the discs between two sheets of non-stick baking paper, about 5mm (¼in) thick.
- 6 Cut out stars using a star-shaped cookie cutter or card template. Cut out the centres of half the stars with a smaller star-shaped cutter. Gather up the dough trimmings and repeat until all the dough is used up. Repeat the process with the other dough disc.
- 7 Place on the baking trays and bake for 12-14 minutes, until the edges are lightly golden. Cool on the baking trays for a few minutes, then place on a wire rack to cool completely.
- 8 Sift icing sugar over the cut out centre biscuits on a wire rack.
- 9 Place about ½ tsp jam in the centre of the whole biscuits and place the icing sugar covered biscuits on top.

4.8g
Total fat
1.1g
Saturates
0g
Salt
2.6g
Sugar
1.5g
Protein

7.2g
Total fat
1.7g
Saturates
0g
Salt
6.7g
Sugar
1.7g
Protein

Table Talk Lisa White

TV star and author Lisa White explores cooking healthy, nutritious and tasty food ...

Lisa White, creator and producer of online cooking show *Alternative Chef Kitchen* and author of *The Alternative Kitchen: A beginner's guide to cooking without dairy, soy, gluten, egg or meat* reveals all...

Free-from philosophy

I discovered as a teen that dairy irritated my eczema. In my mid 30s my infant daughter was diagnosed with a dairy and soy allergy and I also drastically cut down the animal products in our diet when I found it curbed my endometriosis pain. So my philosophy on free-from eating is pretty simple, it's to eat in a way which keeps you free from pain and discomfort, but not free from healthy, nutritious and tasty food.

Free-from pitfalls

The biggest pitfall is definitely nutrient deficiencies; the more foods you cut out of your diet the more at risk you are of this. The best way to minimise this risk is to make sure you're eating widely from the food groups that are still available, and also to educate yourself to be mindful of which deficiencies you're more at risk of when you cut out certain foods. eg. B12 if you're vegan, calcium if you don't eat dairy and omega 3s (essential fats) if you don't eat seafood, flax or chia.

The raw food way

I love how the techniques of raw food 'cooking' allows you to look at the foods that are on your 'can eat' list in an entirely new way. There are so many surprises; like making cheese sauces with cashews, adding pineapple to mask the flavour of greens in smoothies and making pasta out of vegetables! I don't think raw food is the only way, but I think there are some really important skills raw food cooking can bring to the free-from table.

The Alternative Kitchen: A beginner's guide to cooking without dairy, soy, gluten, egg or meat
by Lisa White is available from Amazon Books. (RRP £12.79).



Catering free-from at Christmas

If there is ever a time of year that you feel left out when you avoid certain foods, Christmas is it! In our family my niece has Coeliac disease and we don't eat dairy which tends to cut the joy out of Christmas pudding. Simple tips for catering at Christmas are to transform some of your old favourites into free-from versions you can eat (coming from an Italian family, I loved my mum's lasagne, which is why it was one of the first recipes I transformed). For people who might traditionally have roasts, instead of gravy, making the simple but tasty red-wine reduction like Glenys does in our 'Christmas Special' episode of our cooking show *Alternative Chef Kitchen* adds that extra sparkle to roast veggies. When it comes to desserts, I have a Christmas pudding bliss ball recipe which can totally satisfy that pudding craving (see page 92).

Benefits of a free-from lifestyle

Although it's not easy in the beginning, I've witnessed people cooking with and including more whole foods in their diet. It's also nice to know that our diet, as well as being healthier for us, is better for the animals and great for the environment.



Replicating non free-from dishes to free-from

This is one of my passions! In our book we have recipes for egg and oil-free mayonnaise, a gluten-, dairy- and soy-free bechamel style sauce and red pasta sauce without tomato or capsicum. Before I studied nutrition I was a medical research scientist, so I tend to have a systematic approach to transforming recipes. In our show we demonstrate one recipe prepared four different ways, showing people the effects of making changes in recipes so they have more confidence to give it a try at home. My top tip is: don't be scared to have a try! Not every experiment will work, but the successes will totally be worth it.

Free-from benefits

At first the thought of avoiding dairy with children was pretty overwhelming. But once our daughter turned one and we started to go to all the children's birthday parties, we discovered it wasn't such a bad thing after all because she wasn't eating all the junk food that other kids were! We've since created free-from versions of the party foods that the kids love and I think it's great they've got a taste for simple whole foods.

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